



Cinnamon Rolls with Cream Cheese Icing

 Vegetarian

READY IN



220 min.

SERVINGS



30

CALORIES



206 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 oz yeast dry
- ☐ 0.3 cup bread flour
- ☐ 4.5 cups bread flour
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup butter soft
- ☐ 0.5 cup butter softened
- ☐ 30 servings cream cheese frosting
- ☐ 2 large eggs lightly beaten

- ☐ 1 cup granulated sugar divided
- ☐ 1 teaspoon granulated sugar
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup milk
- ☐ 1 cup pecans chopped
- ☐ 1 teaspoon salt
- ☐ 0.3 cup water (105° to 115°)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ stand mixer
- ☐ microwave
- ☐ measuring cup

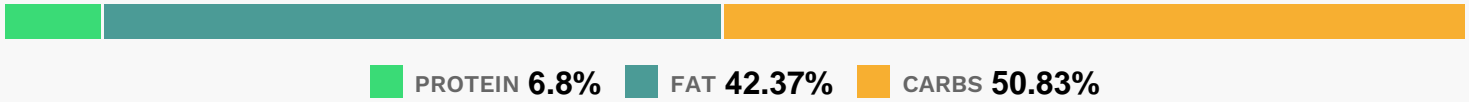
Directions

- ☐ Combine first 3 ingredients in a 1-cup glass measuring cup; let stand 5 minutes.
- ☐ Beat 1/2 cup softened butter at medium speed with a heavy-duty electric stand mixer until creamy. Gradually add 1/2 cup granulated sugar and 1 tsp. salt, beating at medium speed until light and fluffy.
- ☐ Add eggs and next 2 ingredients, beating until blended. Stir in yeast mixture.
- ☐ Combine 4 1/2 cups bread flour and 1/4 tsp. nutmeg. Gradually add flour mixture to butter mixture, beating at low speed 1 to 2 minutes or until well blended.
- ☐ Sprinkle about 1/4 cup bread flour onto a flat surface; turn dough out, and knead until smooth and elastic (about 5 minutes), adding up to 1/4 cup bread flour as needed to prevent dough from sticking to hands and surface.

- ☐ Place dough in a lightly greased large bowl, turning to grease top. Cover and let rise in a warm place (85), free from drafts, 1 1/2 to 2 hours or until doubled in bulk.
- ☐ Meanwhile, preheat oven to 350
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through.
- ☐ Punch dough down; turn out onto a lightly floured surface.
- ☐ Roll into a 16- x 12-inch rectangle.
- ☐ Spread with 1/2 cup very soft butter, leaving a 1-inch border around edges. Stir together brown sugar, cinnamon, and remaining 1/2 cup granulated sugar, and sprinkle sugar mixture over butter.
- ☐ Top with pecans.
- ☐ Roll up dough, jelly-roll fashion, starting at 1 long side; cut into 16 slices (about 1 inch thick).
- ☐ Place rolls, cut sides down, in 2 lightly greased 10-inch round pans. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Bake at 350 for 20 to 22 minutes or until rolls are golden brown. Cool in pans 5 minutes.
- ☐ Brush rolls with Cream Cheese Icing.
- ☐ Serve immediately.
- ☐ TRY THESE TWISTS!
- ☐ Apple-Cinnamon
- ☐ Rolls: Prepare as directed through Step Peel and chop 2 Granny Smith apples (about 3 cups).
- ☐ Place apples in a microwave-safe bowl, and pour 1 cup apple cider over apples. Microwave at HIGH 5 minutes or until tender.
- ☐ Drain and cool 15 minutes. Proceed as directed, sprinkling apples over sugar mixture in Step 6 before topping with pecans. Hands-on time: 30 min.; Total time: 4 hr., including icing.
- ☐ Chocolate-Cinnamon
- ☐ Rolls: Prepare as directed through Step Chop 2 (4-oz.) bittersweet chocolate baking bars; sprinkle over sugar mixture. Proceed as directed. Hands-on time: 35 min.; Total time: 3 hr., 40 min., including icing.
- ☐ Cranberry-Cinnamon
- ☐ Rolls: Prepare as directed through Step
- ☐ Pour 1 cup boiling water over 1 cup dried cranberries; let stand 15 minutes.

- ☐ Drain cranberries. Proceed as directed, sprinkling cranberries over sugar mixture in Step
- ☐ Hands-on time: 30 min.; Total time: 3 hr., 55 min., including icing.

Nutrition Facts



Properties

Glycemic Index:16.57, Glycemic Load:14.22, Inflammation Score:-2, Nutrition Score:3.7252174356709%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 206.34kcal (10.32%), Fat: 9.88g (15.2%), Saturated Fat: 4.47g (27.94%), Carbohydrates: 26.67g (8.89%), Net Carbohydrates: 25.63g (9.32%), Sugar: 11.62g (12.91%), Cholesterol: 29.64mg (9.88%), Sodium: 137.65mg (5.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.14%), Manganese: 0.37mg (18.62%), Selenium: 9.37µg (13.38%), Vitamin B1: 0.07mg (4.82%), Phosphorus: 47.82mg (4.78%), Vitamin A: 223.53IU (4.47%), Copper: 0.09mg (4.35%), Fiber: 1.03g (4.14%), Folate: 14.82µg (3.7%), Vitamin B2: 0.06mg (3.33%), Zinc: 0.44mg (2.95%), Magnesium: 11.59mg (2.9%), Calcium: 25.25mg (2.53%), Vitamin B5: 0.25mg (2.46%), Vitamin E: 0.35mg (2.34%), Iron: 0.39mg (2.17%), Potassium: 62.66mg (1.79%), Vitamin B3: 0.36mg (1.79%), Vitamin B6: 0.03mg (1.58%), Vitamin B12: 0.09µg (1.44%), Vitamin D: 0.16µg (1.04%)