



Cinnamon-Sugar Pinwheels

 Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



119 kcal

SIDE DISH

Ingredients

- 0.5 cup milk
- 1 tablespoon butter softened
- 0.3 cup granulated sugar
- 1 teaspoon ground cinnamon
- 0.5 cup walnut pieces finely chopped
- 0.5 cup currants dried
- 1 tablespoon butter melted
- 0.8 cup powdered sugar

- 0.3 teaspoon vanilla
- 1 tablespoon milk
- 2.3 cups frangelico

Equipment

- bowl
- baking sheet
- baking paper
- oven

Directions

- Heat oven to 400°F. Line cookie sheet with parchment paper. In medium bowl, stir Bisquick mix and 1/2 cup milk until soft dough forms.
- Place dough on surface generously sprinkled with Bisquick mix; roll in Bisquick mix to coat. Knead 5 times.
- Press or roll dough into 11x8-inch rectangle.
- Spread dough with 1 tablespoon softened butter. In small bowl, mix granulated sugar, cinnamon, walnuts and currants; sprinkle over top of dough; press in slightly. Starting with an 11-inch side, roll up dough tightly; seal edge.
- Cut into 3/4-inch slices.
- Place slices on cookie sheet.
- Brush slices with 1 tablespoon melted butter.
- Bake 8 to 10 minutes or until golden brown.
- Remove from cookie sheet; cool 10 minutes.
- Meanwhile, in small bowl, mix glaze ingredients, adding milk, 1 teaspoon at a time, until glaze is thin enough to drizzle.
- Drizzle glaze over warm pinwheels.
- Serve warm.

Nutrition Facts



■ PROTEIN 4.32% ■ FAT 39.26% ■ CARBS 56.42%

Properties

Glycemic Index:16.34, Glycemic Load:4.27, Inflammation Score:-1, Nutrition Score:2.1573912928934%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 118.78kcal (5.94%), Fat: 5.45g (8.39%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 17.62g (5.87%), Net Carbohydrates: 16.94g (6.16%), Sugar: 15.92g (17.69%), Cholesterol: 1.37mg (0.46%), Sodium: 29.24mg (1.27%), Alcohol: 0.03g (100%), Alcohol %: 0.1% (100%), Protein: 1.35g (2.7%), Manganese: 0.22mg (11.24%), Copper: 0.1mg (4.85%), Phosphorus: 34.99mg (3.5%), Magnesium: 11.41mg (2.85%), Fiber: 0.68g (2.72%), Calcium: 26.6mg (2.66%), Vitamin B6: 0.05mg (2.57%), Potassium: 87.3mg (2.49%), Vitamin B1: 0.03mg (2.19%), Vitamin A: 107.81IU (2.16%), Vitamin B2: 0.03mg (2.05%), Iron: 0.28mg (1.53%), Zinc: 0.22mg (1.49%), Folate: 5.41µg (1.35%), Vitamin B12: 0.06µg (1.07%)