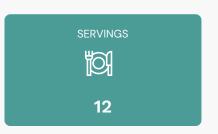


Cinnamon-Sugar Pinwheels

Gluten Free







SIDE DISH

Ingredients

	tablespoon butter mei	tea
1 t	ablespoon butter soft	ened
O.	5 cup currants dried	
O.	3 cup granulated suga	ar
1 t	easpoon ground cinna	amon
O.	5 cup milk	
1 t	ablespoon milk	

0.8 cup powdered sugar

	0.3 teaspoon vanilla
	0.5 cup walnut pieces finely chopped
	2.3 cups frangelico
	2.3 cups frangelico
Eq	uipment
	bowl
	baking sheet
	baking paper
	oven
Di	rections
	Heat oven to 400F. 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

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%)