



Cinnamon Toast Rollups

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



225 kcal

Ingredients

- 0.3 cup firmly brown sugar light packed
- 0.3 cup butter melted
- 0.5 teaspoon ground cinnamon
- 8 ounce crescent rolls refrigerated canned
- 0.5 cup sugar

Equipment

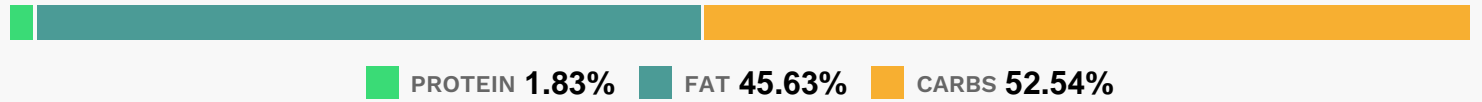
- baking sheet
- oven
- wire rack

aluminum foil

Directions

- Stir together first 3 ingredients.
- Unroll crescent rolls; brush with melted butter, and sprinkle evenly with sugar mixture.
- Separate dough into triangles.
- Roll up each triangle, starting with shortest side; place on a lightly greased baking sheet.
- Bake at 350 for 10 to 12 minutes or until golden brown; remove to a wire rack to cool. To carry in a lunchbox, wrap in aluminum foil sandwich wrapper sheets.

Nutrition Facts



Properties

Glycemic Index:9.39, Glycemic Load:8.73, Inflammation Score:-2, Nutrition Score:0.59565217128914%

Nutrients (% of daily need)

Calories: 224.79kcal (11.24%), Fat: 11.85g (18.23%), Saturated Fat: 3.74g (23.35%), Carbohydrates: 30.7g (10.23%), Net Carbohydrates: 30.63g (11.14%), Sugar: 21.98g (24.42%), Cholesterol: 0mg (0%), Sodium: 291.5mg (12.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Vitamin A: 254.11IU (5.08%), Iron: 0.42mg (2.35%), Vitamin E: 0.22mg (1.49%), Manganese: 0.03mg (1.34%)