



Cinnamon Twists

 Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



193 kcal

DESSERT

Ingredients

- 1 package yeast dry
- 1 cup butter
- 2 eggs
- 1 cup milk
- 0.5 teaspoon salt
- 1 cup sugar

Equipment

- bowl

- baking sheet
- oven
- hand mixer

Directions

- Combine 2 cups flour with yeast.
- Heat and stir milk, butter or margarine, sugar and salt until warm and butter is almost completely melted.
- Add this to the flour mixture along with the eggs. Beat with an electric mixer on low speed for 30 seconds, scraping the bowl, then beat on high speed for approx. 3 minutes. Stir in as much of the remaining flour (2 to 2 1/3 cups) as you can. Turn out onto a lightly floured surface. Knead in enough remaining flour to make a moderately soft dough that is smooth and elastic (about 3 - 5 minutes). Shape into a ball.
- Place in a lightly greased bowl. Cover and let rise in a warm place till double in size. (About 1 hour) Punch dough down. Divide in half. Cover and let rest 10 minutes.
- Roll half of the dough into a 12x8 inch rectangle. Melt 3 tablespoons butter or margarine; brush half over the dough. combine 3/4 cup sugar and 2 1/2 teaspoons ground cinnamon; sprinkle half of the mixture over dough. Fold dough in half and then in half once more.
- Cut strips of dough along the short end and twist sealing the seams.
- Place in a baking sheet. Cover; let rise till nearly double about 30 minutes.
- Bake in a 375 degree oven for 20 to 25 minutes. (Be sure to check them, they brown easily.) For the sugar glaze combine 1 cup sifted powdered sugar with 1/4 teaspoon vanilla and 1 tablespoon milk. Continue to add milk 1 teaspoon at a time until you get a drizzling consistency.

Nutrition Facts



PROTEIN 3.47% **FAT 65.22%** **CARBS 31.31%**

Properties

Glycemic Index:7.72, Glycemic Load:10.28, Inflammation Score:-4, Nutrition Score:2.4082608695652%

Nutrients (% of daily need)

Calories: 192.65kcal (9.63%), Fat: 14.29g (21.99%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 15.44g (5.15%),
Net Carbohydrates: 15.31g (5.57%), Sugar: 15.12g (16.8%), Cholesterol: 25.47mg (8.49%), Sodium: 251.9mg (10.95%),
Protein: 1.71g (3.42%), Vitamin A: 642.16IU (12.84%), Vitamin B2: 0.08mg (4.79%), Vitamin B1: 0.07mg (4.59%),
Vitamin E: 0.58mg (3.85%), Folate: 14.82µg (3.7%), Phosphorus: 36.96mg (3.7%), Selenium: 2.39µg (3.41%), Calcium:
30.17mg (3.02%), Vitamin B12: 0.17µg (2.78%), Vitamin B5: 0.24mg (2.42%), Vitamin D: 0.32µg (2.12%), Vitamin B6:
0.03mg (1.51%), Potassium: 46.71mg (1.33%), Zinc: 0.19mg (1.29%), Vitamin B3: 0.23mg (1.14%)