



Classic Cinnamon Rolls

 Vegetarian

READY IN



135 min.

SERVINGS



12

CALORIES



378 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.3 teaspoons packet active yeast dry
- 1.3 cups confectioners' sugar
- 1 large egg yolk
- 2.8 cups flour for dusting all-purpose plus more
- 0.3 cup granulated sugar
- 2 tablespoons ground cinnamon
- 3 tablespoons milk
- 0.5 teaspoon nutmeg freshly grated

- 0.8 teaspoon salt
- 1 pinch salt
- 0.3 cup sugar
- 4 tablespoons butter unsalted cooled melted plus more for brushing
- 4 tablespoons butter unsalted melted
- 12 tablespoons butter unsalted softened plus more for the pan
- 0.5 teaspoon vanilla extract
- 1.5 teaspoons vanilla extract
- 0.5 cup milk whole

Equipment

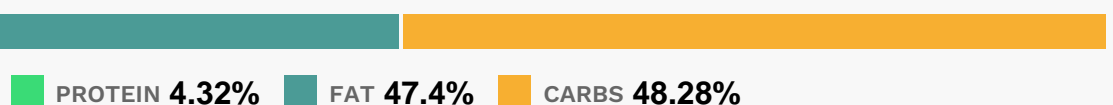
- bowl
- frying pan
- sauce pan
- oven
- whisk
- plastic wrap
- baking pan
- wooden spoon
- kitchen thermometer

Directions

- Make the rolls: Butter a 9-by-13-inch baking dish.
- Whisk the sugar and cinnamon in a bowl. On a floured surface, roll out the dough into a 10-by-18-inch rectangle.
- Spread the butter over the dough, leaving a 1-inch border on one of the long sides. Top with the cinnamon sugar.
- Brush the clean border with water. Tightly roll the dough into an 18-inch log, rolling toward the clean border; pinch the seam to seal.

- Slip a long taut piece of thread or unflavored floss under the roll, about 1 1/2 inches from the end. Lift the ends of the thread and cross over the roll, pulling tightly to cut off a piece. Repeat, cutting every 1 1/2 inches, to make 12 rolls.
- Place the rolls in the prepared baking dish.
- Cover the rolls loosely with plastic wrap and let rise in a warm place until doubled in size, about 1 hour, 10 minutes.
- Preheat the oven to 350 degrees F. Uncover the rolls and bake until they spring back when pressed, 25 to 30 minutes.
- Let cool 10 minutes in the pan. (You can freeze the baked rolls for up to 2 weeks. Cool completely before freezing, then thaw, warm up and glaze before serving.)
- Whisk the confectioners' sugar, melted butter, milk, vanilla and salt in a bowl until smooth.
- Drizzle over the warm rolls.
- Warm 1/2 cup water and the milk in a saucepan over low heat until a thermometer registers 100 degrees F to 110 degrees F.
- Remove from the heat and sprinkle the yeast on top, then sprinkle with a pinch of the sugar; set aside, undisturbed, until foamy, about 5 minutes.
- Whisk the melted butter, egg yolk and vanilla into the yeast mixture until combined. In a large bowl, whisk the flour, the remaining sugar, the salt and nutmeg. Make a well in the center, then add the yeast mixture and stir with a wooden spoon to make a thick and slightly sticky dough. Turn out onto a floured surface and knead until soft and elastic, about 6 minutes. Shape into a ball.
- Brush a large bowl with butter.
- Add the dough, turning to coat lightly with the butter. Cover with plastic wrap and let rise at room temperature until the dough is doubled in size, about 1 hour, 15 minutes.
- Turn the dough out of the bowl and knead briefly to release excess air; re-form into a ball and return to the bowl. Lightly butter a large piece of plastic wrap and lay it directly on the surface of the dough. Cover the bowl tightly with plastic wrap and refrigerate at least 4 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:22.88, Inflammation Score:-5, Nutrition Score:7.0817391020448%

Nutrients (% of daily need)

Calories: 378.08kcal (18.9%), Fat: 20.15g (31%), Saturated Fat: 12.46g (77.85%), Carbohydrates: 46.17g (15.39%), Net Carbohydrates: 44.52g (16.19%), Sugar: 22.83g (25.37%), Cholesterol: 67.14mg (22.38%), Sodium: 158.53mg (6.89%), Alcohol: 0.23g (100%), Alcohol %: 0.31% (100%), Protein: 4.13g (8.27%), Manganese: 0.44mg (21.88%), Vitamin B1: 0.3mg (20.08%), Folate: 68.98µg (17.25%), Selenium: 11.22µg (16.03%), Vitamin A: 630.09IU (12.6%), Vitamin B2: 0.2mg (12.05%), Vitamin B3: 1.97mg (9.86%), Iron: 1.51mg (8.41%), Fiber: 1.66g (6.62%), Phosphorus: 60.9mg (6.09%), Calcium: 42.92mg (4.29%), Vitamin E: 0.63mg (4.22%), Vitamin D: 0.58µg (3.86%), Vitamin B5: 0.33mg (3.29%), Copper: 0.06mg (2.81%), Zinc: 0.39mg (2.58%), Magnesium: 9.86mg (2.47%), Vitamin B12: 0.14µg (2.38%), Vitamin K: 2.19µg (2.09%), Potassium: 71.74mg (2.05%), Vitamin B6: 0.04mg (1.9%)