



Clone of a Cinnabon

READY IN



180 min.

SERVINGS



12

CALORIES



464 kcal

SIDE DISH

Ingredients

- ☐ 4.5 cups bread flour
- ☐ 2.5 teaspoons bread machine yeast
- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 1.5 cups confectioners' sugar
- ☐ 3 ounce cream cheese softened
- ☐ 2 eggs room temperature
- ☐ 2.5 tablespoons ground cinnamon
- ☐ 0.3 cup butter melted

- ☐ 1 cup warm milk (110 degrees F/45 degrees C)
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

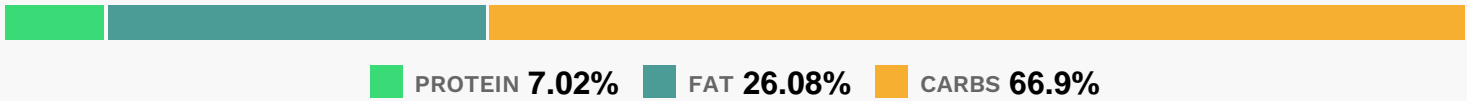
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ bread machine

Directions

- ☐ Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select dough cycle; press Start.
- ☐ After the dough has doubled in size turn it out onto a lightly floured surface, cover and let rest for 10 minutes. In a small bowl, combine brown sugar and cinnamon.
- ☐ Roll dough into a 16x21-inch rectangle.
- ☐ Spread dough with 1/3 cup butter and sprinkle evenly with sugar/cinnamon mixture.
- ☐ Roll up dough and cut into 12 rolls.
- ☐ Place rolls in a lightly greased 9x13 inch baking pan. Cover and let rise until nearly doubled, about 30 minutes. Meanwhile, preheat oven to 400 degrees F (200 degrees C).
- ☐ Bake rolls in preheated oven until golden brown, about 15 minutes. While rolls are baking, beat together cream cheese, 1/4 cup butter, confectioners' sugar, vanilla extract and salt.
- ☐ Spread frosting on warm rolls before serving.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:28.33, Inflammation Score:-4, Nutrition Score:8.053478260727%

Nutrients (% of daily need)

Calories: 463.99kcal (23.2%), Fat: 13.6g (20.92%), Saturated Fat: 5.65g (35.34%), Carbohydrates: 78.49g (26.16%), Net Carbohydrates: 76.21g (27.71%), Sugar: 42.25g (46.94%), Cholesterol: 47.05mg (15.68%), Sodium: 161.65mg (7.03%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 8.24g (16.49%), Manganese: 0.68mg (34.12%), Selenium: 22.4µg (32%), Vitamin B1: 0.17mg (11.18%), Folate: 44.07µg (11.02%), Vitamin A: 517.31IU (10.35%), Phosphorus: 99.05mg (9.9%), Vitamin B2: 0.16mg (9.19%), Fiber: 2.29g (9.14%), Calcium: 78.54mg (7.85%), Vitamin B5: 0.61mg (6.13%), Copper: 0.11mg (5.63%), Zinc: 0.74mg (4.91%), Vitamin B3: 0.96mg (4.81%), Iron: 0.86mg (4.8%), Magnesium: 19.19mg (4.8%), Vitamin E: 0.68mg (4.53%), Potassium: 142.73mg (4.08%), Vitamin B6: 0.07mg (3.62%), Vitamin B12: 0.21µg (3.43%), Vitamin D: 0.37µg (2.47%), Vitamin K: 1.23µg (1.17%)