



Cranberry-Cinnamon Rolls with Cream Cheese Icing

 Vegetarian

READY IN



235 min.

SERVINGS



30

CALORIES



219 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 oz active yeast dry
- 0.3 cup bread flour
- 4.5 cups bread flour
- 0.5 cup firmly brown sugar light packed
- 0.5 cup very butter soft
- 0.5 cup butter softened
- 30 servings cream cheese icing

- 1 cup cranberries dried
- 2 large eggs lightly beaten
- 1 cup granulated sugar divided
- 1 teaspoon granulated sugar
- 1 tablespoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 1 tablespoon juice of lemon fresh
- 1 cup milk
- 1 cup pecans chopped
- 1 teaspoon salt
- 0.3 cup warm water (105° to 115°)
- 1 cup water boiling

Equipment

- bowl
- frying pan
- oven
- stand mixer
- measuring cup

Directions

- Combine first 3 ingredients in a 1-cup glass measuring cup; let stand 5 minutes.
- Beat 1/2 cup softened butter at medium speed with a heavy-duty electric stand mixer until creamy. Gradually add 1/2 cup granulated sugar and 1 tsp. salt, beating at medium speed until light and fluffy.
- Add eggs and next 2 ingredients, beating until blended. Stir in yeast mixture.
- Combine 4 1/2 cups bread flour and 1/4 tsp. nutmeg. Gradually add flour mixture to butter mixture, beating at low speed 1 to 2 minutes or until well blended.
- Sprinkle about 1/4 cup bread flour onto a flat surface; turn dough out, and knead until smooth and elastic (about 5 minutes), adding up to 1/4 cup bread flour as needed to prevent dough

from sticking to hands and surface.

- Place dough in a lightly greased large bowl, turning to grease top. Cover and let rise in a warm place (85), free from drafts, 1 1/2 to 2 hours or until doubled in bulk.
- Meanwhile, preheat oven to 35
- Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through.
- Pour 1 cup boiling water over 1 cup dried cranberries; let stand 15 minutes.
- Drain cranberries.
- Punch dough down; turn out onto a lightly floured surface.
- Roll into a 16- x 12-inch rectangle.
- Spread with 1/2 cup very soft butter, leaving a 1-inch border around edges. Stir together brown sugar, cinnamon, and remaining 1/2 cup granulated sugar, and sprinkle sugar mixture over butter.
- Sprinkle cranberries over sugar mixture. Top with pecans.
- Roll up dough, jelly-roll fashion, starting at 1 long side; cut into 16 slices (about 1 inch thick).
- Place rolls, cut sides down, in 2 lightly greased 10-inch round pans. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- Bake at 350 for 20 to 22 minutes or until rolls are golden brown. Cool in pans 5 minutes.
- Brush rolls with Cream Cheese Icing.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.57, Glycemic Load:14.22, Inflammation Score:-2, Nutrition Score:3.863478238168%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate:

0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate:
0.08mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg,
Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:
0.01mg, Naringenin: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin:
0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 218.79kcal (10.94%), Fat: 9.93g (15.27%), Saturated Fat: 4.47g (27.97%), Carbohydrates: 30.01g (10%), Net
Carbohydrates: 28.76g (10.46%), Sugar: 14.55g (16.17%), Cholesterol: 29.64mg (9.88%), Sodium: 138.24mg (6.01%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.15%), Manganese: 0.38mg (19.15%), Selenium: 9.39µg
(13.42%), Fiber: 1.25g (4.99%), Vitamin B1: 0.07mg (4.86%), Phosphorus: 48.14mg (4.81%), Copper: 0.09mg (4.54%),
Vitamin A: 223.53IU (4.47%), Folate: 14.82µg (3.7%), Vitamin B2: 0.06mg (3.4%), Zinc: 0.45mg (2.98%), Magnesium:
11.83mg (2.96%), Vitamin E: 0.44mg (2.91%), Calcium: 25.85mg (2.59%), Vitamin B5: 0.25mg (2.55%), Iron: 0.41mg
(2.25%), Vitamin B3: 0.38mg (1.9%), Potassium: 64.64mg (1.85%), Vitamin B6: 0.03mg (1.65%), Vitamin B12: 0.09µg
(1.44%), Vitamin K: 1.14µg (1.09%), Vitamin D: 0.16µg (1.04%)