



Cranberry Orange Glazed Cinnamon Rolls

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



291 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup cranberries dried
- ☐ 2 tablespoons honey
- ☐ 13.9 oz orange gelatin sweet refrigerated with icing canned
- ☐ 2 teaspoons orange juice
- ☐ 0.3 cup walnut pieces chopped

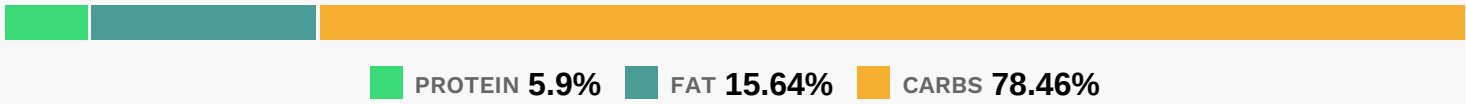
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ cake form
- ☐ microwave

Directions

- ☐ Heat oven to 375F. In small bowl, mix all ingredients except rolls and icing.
- ☐ Spread in ungreased 9-inch round cake pan.
- ☐ Separate dough into 8 rolls; set icing aside.
- ☐ Place 1 roll in center of pan and remaining rolls around center roll.
- ☐ Bake 24 to 27 minutes or until deep golden brown. Turn pan upside down onto heatproof serving plate. Cool 5 minutes.
- ☐ Remove cover from icing; microwave on Medium (50%) 5 to 10 seconds or until thin enough to drizzle.
- ☐ Drizzle over warm rolls.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:21.78, Glycemic Load:2.4, Inflammation Score:-1, Nutrition Score:2.0626086945767%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 291.22kcal (14.56%), Fat: 5.27g (8.1%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 59.47g (19.82%), Net Carbohydrates: 59.01g (21.46%), Sugar: 56.35g (62.62%), Cholesterol: 7.53mg (2.51%), Sodium: 254.46mg (11.06%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Phosphorus: 84.03mg (8.4%), Manganese: 0.15mg (7.46%), Copper: 0.12mg (6.23%), Selenium: 3.66µg (5.23%), Magnesium: 7.9mg (1.97%), Fiber: 0.46g (1.84%), Vitamin A: 91.7IU (1.83%), Vitamin B2: 0.03mg (1.79%), Folate: 5.86µg (1.47%), Iron: 0.26mg (1.45%), Vitamin B6: 0.03mg (1.32%), Vitamin E: 0.19mg (1.25%), Calcium: 12.46mg (1.25%), Vitamin C: 0.96mg (1.16%), Vitamin B1: 0.02mg (1.08%), Potassium: 37.64mg (1.08%)