



Cranberry Rolls

READY IN



45 min.

SERVINGS



12

CALORIES



415 kcal

BREAD

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 12 large marshmallows
- ☐ 1 tablespoon milk
- ☐ 1 cup powdered sugar
- ☐ 1 teaspoon salt

- ☐ 1 cup sugar divided
- ☐ 1 cup cranberries dried sweetened
- ☐ 6 tablespoons vegetable oil
- ☐ 0.8 cup warm water (105° to 115°)
- ☐ 0.5 ounce rapid-rise yeast

Equipment

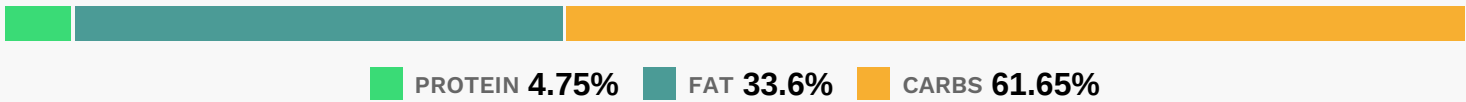
- ☐ oven
- ☐ hand mixer
- ☐ measuring cup

Directions

- ☐ Combine yeast and 3/4 cup water in a glass measuring cup; let stand 5 minutes.
- ☐ Beat yeast mixture, 1/4 cup sugar, and next 4 ingredients at low speed with an electric mixer until blended.
- ☐ Turn dough out onto a well-floured surface, and knead until smooth and elastic (about 4 minutes).
- ☐ Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- ☐ Punch dough down, and divide into 12 portions.
- ☐ Roll each into a 3-inch circle.
- ☐ Brush circles lightly with butter, reserving remaining butter.
- ☐ Combine remaining 3/4 cup sugar and cinnamon; sprinkle evenly over circles.
- ☐ Place cranberries evenly in center of each circle, and top with a marshmallow.
- ☐ Pull edges of circle to center, and pinch to seal; shape into a ball.
- ☐ Place, seam side down, in lightly greased muffin pans.
- ☐ Brush tops with reserved butter. Cover and chill 8 hours.
- ☐ Remove from refrigerator, and let rise in a warm place, free from drafts, 30 minutes or until doubled in bulk.
- ☐ Bake at 400 for 12 minutes or until lightly browned; cool slightly.

- ☐ Stir together powdered sugar, milk, and ginger; drizzle over rolls.
- ☐ Prep: 40 min.; Rise: 1 hr., 15 min.; Chill: 8 hrs.;
- ☐ Bake: 12 min

Nutrition Facts



Properties

Glycemic Index:20.72, Glycemic Load:32.35, Inflammation Score:-4, Nutrition Score:7.9482608695069%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 415.36kcal (20.77%), Fat: 15.82g (24.34%), Saturated Fat: 2.98g (18.6%), Carbohydrates: 65.34g (21.78%), Net Carbohydrates: 63.54g (23.1%), Sugar: 37.96g (42.18%), Cholesterol: 31.15mg (10.38%), Sodium: 303.76mg (13.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.07%), Vitamin B1: 0.38mg (25.44%), Folate: 88.92µg (22.23%), Selenium: 13.64µg (19.48%), Vitamin B2: 0.25mg (14.88%), Manganese: 0.29mg (14.55%), Vitamin K: 13.45µg (12.81%), Vitamin B3: 2.4mg (11.98%), Iron: 1.72mg (9.54%), Vitamin E: 1.17mg (7.82%), Vitamin A: 385.85IU (7.72%), Fiber: 1.8g (7.19%), Phosphorus: 62.76mg (6.28%), Vitamin B5: 0.46mg (4.6%), Copper: 0.07mg (3.72%), Zinc: 0.45mg (2.98%), Vitamin B6: 0.05mg (2.59%), Magnesium: 9.83mg (2.46%), Potassium: 69.21mg (1.98%), Calcium: 17.75mg (1.78%), Vitamin B12: 0.09µg (1.52%), Vitamin D: 0.18µg (1.2%)