



Cream Cheese-Filled Cinnamon Rolls

READY IN



45 min.

SERVINGS



15

CALORIES



632 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 ounce cream cheese softened
- 2 eggs lightly beaten
- 5 cups flour all-purpose
- 1 tablespoon ground cinnamon
- 2 cups warm milk (100° to 110°)
- 0.5 cup pecans chopped
- 1 reynolds pot lux cookware pan with lid (1 1/2-quart size)
- 1 reynolds pot lux cookware pan with lid (9- x 12 1/2-inch size)
- 0.5 teaspoon salt

- 0.5 cup sugar
- 18.3 ounce duncan hines classic decadent cake mix white
- 0.5 ounce rapid rise yeast

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 350
- Stir together 4 cups flour, cake mix, and next 4 ingredients in a large bowl; gradually add enough remaining flour to form a soft dough. (In our Test Kitchens, we used an additional 1/2 cup on a heavily floured surface; more may be used.)
- Turn dough out onto a lightly floured surface, and knead until smooth and elastic (about 6 minutes).
- Roll to a 12- x 20-inch rectangle, and spread with cream cheese.
- Stir together sugar and cinnamon, and sprinkle over cream cheese; sprinkle with chopped pecans.
- Roll up, jellyroll fashion, starting at one long edge.
- Cut into 1-inch slices. Coat pans with cooking spray; place slices in pans.
- Cover and let rise in a warm place (85), free from drafts, 15 minutes.
- Place each pan in center of a baking sheet.
- Bake, uncovered, at 350 for 15 to 25 minutes or until lightly browned.
- Remove baking sheet with pan from oven; spread warm rolls with Frosting.
- Let pans stand on baking sheet 2 minutes before removing.
- Note: To make ahead, freeze unbaked cinnamon rolls. Thaw completely, and bake rolls as directed.

Nutrition Facts

PROTEIN 27.71% FAT 27.4% CARBS 44.89%

Properties

Glycemic Index:15.01, Glycemic Load:28.48, Inflammation Score:-6, Nutrition Score:28.949130165188%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg 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

Nutrients (% of daily need)

Calories: 632.07kcal (31.6%), Fat: 19.05g (29.3%), Saturated Fat: 7.73g (48.32%), Carbohydrates: 70.21g (23.4%), Net Carbohydrates: 67.82g (24.66%), Sugar: 23.59g (26.21%), Cholesterol: 142.05mg (47.35%), Sodium: 501.19mg (21.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.34g (86.68%), Selenium: 59.17µg (84.53%), Zinc: 9.5mg (63.37%), Vitamin B3: 11.88mg (59.41%), Vitamin B12: 3.54µg (59.04%), Phosphorus: 550.8mg (55.08%), Vitamin B1: 0.67mg (44.92%), Vitamin B6: 0.85mg (42.46%), Vitamin B2: 0.69mg (40.73%), Folate: 147.67µg (36.92%), Iron: 6.03mg (33.48%), Manganese: 0.64mg (32.14%), Potassium: 685.34mg (19.58%), Vitamin B5: 1.76mg (17.59%), Calcium: 171.36mg (17.14%), Magnesium: 59.92mg (14.98%), Copper: 0.29mg (14.34%), Fiber: 2.39g (9.56%), Vitamin E: 1.05mg (6.98%), Vitamin A: 291.05IU (5.82%), Vitamin D: 0.63µg (4.2%), Vitamin K: 3.65µg (3.48%)