



## Elephant Ears

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



238 kcal

SIDE DISH

### Ingredients

- 10 ounce cinnamon rolls (with Pillsbury) canned
- 0.3 cup ground cinnamon
- 1 cup sugar

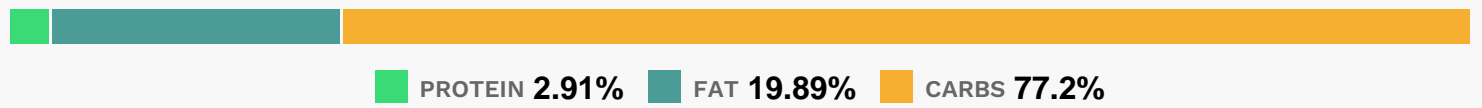
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Combine sugar and cinnamon in a small bowl.
- Remove rolls from can; set icing aside.
- Sprinkle rolls with sugar mixture, and roll each to a 6" round.
- Sprinkle rolls with sugar mixture again.
- Place rolls on lightly greased cookie sheets.
- Bake at 375 for 7 minutes. Cool slightly on cookie sheets; drizzle icing over hot rolls, if desired.

## Nutrition Facts



## Properties

Glycemic Index:16.76, Glycemic Load:28.01, Inflammation Score:-1, Nutrition Score:4.5973914110142%

## Nutrients (% of daily need)

Calories: 237.77kcal (11.89%), Fat: 5.56g (8.56%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 48.58g (16.19%), Net Carbohydrates: 44.65g (16.24%), Sugar: 32.81g (36.46%), Cholesterol: 0mg (0%), Sodium: 255.21mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.67%), Manganese: 1.29mg (64.62%), Fiber: 3.93g (15.7%), Calcium: 74.33mg (7.43%), Iron: 1.18mg (6.56%), Vitamin K: 2.31µg (2.2%), Copper: 0.03mg (1.34%), Vitamin E: 0.17mg (1.14%), Magnesium: 4.44mg (1.11%)