



Freezer Cinnamon-Fruit Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



189 kcal

BREAD

Ingredients

- 0.7 cup brown sugar packed
- 0.3 cup butter melted
- 2 tablespoons butter melted
- 0.5 cup apricot dried chopped
- 2.3 teaspoons yeast dry
- 1 large eggs lightly beaten
- 0.5 cup skim milk fat-free
- 2 tablespoons skim milk fat-free

- 3.8 cups flour all-purpose divided
- 0.5 cup golden raisins
- 0.3 cup granulated sugar
- 1 tablespoon ground cinnamon
- 0.5 cup pecans chopped
- 1 cup powdered sugar
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 0.3 cup water (100° to 110°)

Equipment

- bowl
- frying pan
- oven
- knife
- plastic wrap
- baking pan
- aluminum foil
- measuring cup

Directions

- Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Stir in 1/2 cup milk and next 5 ingredients (1/2 cup milk through egg). Lightly spoon flour into dry measuring cups; level with a knife.
- Add 3 1/2 cups flour to yeast mixture; stir until blended. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of the remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let

rest 5 minutes.

- To prepare filling, combine brown sugar, raisins, dried apricots, chopped pecans, and cinnamon.
- Roll the dough into an 18 x 10-inch rectangle on a floured surface.
- Brush 2 tablespoons melted butter over dough; sprinkle with 1 1/2 cups filling, leaving a 1/2-inch border. Beginning with a long side, roll up jelly-roll fashion, and pinch seam to seal (do not seal ends of roll).
- Place a long piece of dental floss under dough 3/4 inch from end of roll. Cross ends of floss over top of roll; slowly pull ends to cut through dough. Repeat procedure to make 24 rolls. Coat 2 (9-inch) square foil baking pans with cooking spray.
- Sprinkle 1/2 cup filling into bottom of each pan.
- Place 12 rolls, cut sides up, in each pan. Cover and let rise 1 1/2 hours or until doubled in size.
- Preheat oven to 350
- Uncover rolls.
- Bake at 350 for 20 minutes or until browned. Invert onto a serving platter.
- To prepare glaze, combine powdered sugar and 2 tablespoons milk, stirring until smooth.
- Drizzle over warm rolls.
- To Freeze Unbaked
- Rolls: Prepare recipe through cutting the dough into 24 rolls, placing in pans, and letting rise until doubled in size. Cover with plastic wrap. Wrap tightly with heavy-duty foil. Store in freezer up to 2 months.
- To Prepare Frozen Unbaked
- Remove rolls from freezer, and let stand at room temperature 30 minutes. Uncover and bake at 350 for 20 minutes or until browned.

Nutrition Facts

 PROTEIN 6.39%  FAT 23.22%  CARBS 70.39%

Properties

Glycemic Index:17.36, Glycemic Load:14.63, Inflammation Score:-3, Nutrition Score:4.8691304539857%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 188.51kcal (9.43%), Fat: 4.96g (7.63%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 33.81g (11.27%), Net Carbohydrates: 32.49g (11.81%), Sugar: 17.33g (19.25%), Cholesterol: 15.53mg (5.18%), Sodium: 79.9mg (3.47%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 3.07g (6.14%), Manganese: 0.32mg (15.78%), Vitamin B1: 0.21mg (13.71%), Folate: 44.72µg (11.18%), Selenium: 7.74µg (11.06%), Vitamin B2: 0.14mg (8.22%), Vitamin B3: 1.42mg (7.12%), Iron: 1.21mg (6.72%), Fiber: 1.32g (5.28%), Phosphorus: 46.88mg (4.69%), Vitamin A: 212.32IU (4.25%), Copper: 0.08mg (4.18%), Potassium: 111.26mg (3.18%), Magnesium: 11.01mg (2.75%), Calcium: 26.71mg (2.67%), Zinc: 0.35mg (2.34%), Vitamin B5: 0.23mg (2.31%), Vitamin B6: 0.04mg (2.09%), Vitamin E: 0.28mg (1.84%), Vitamin B12: 0.06µg (1.03%)