



## Fried Cinnamon Sticks

 Vegetarian

READY IN



30 min.

SERVINGS



24

CALORIES



384 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon yeast dry
- 1 teaspoon yeast dry
- 1.5 cups brown sugar plus more if needed
- 2 sticks butter
- 24 servings cinnamon bun dough
- 6 cups flour all-purpose (recommended: Pillsbury)
- 0.5 cup granulated sugar
- 0.5 cup ground cinnamon

- 0.5 cup potatoes
- 24 servings vegetable oil; peanut oil preferred for frying
- 1 cup pecans chopped
- 24 servings powdered sugar for topping
- 0.5 cup raisins
- 1 tablespoon salt
- 1 cup starter
- 0.5 cups vegetable oil (recommended: Mazola)
- 1.5 cups water
- 1.5 cups water hot

## Equipment

- bowl
- paper towels
- oven
- pot
- blender
- spatula
- skewers
- rolling pin

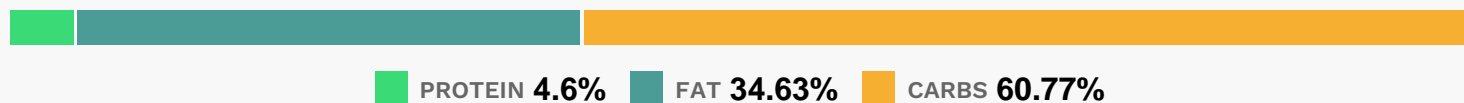
## Directions

- Preheat fryer, or heat oil in large pot to 350 degree F.
- Cut long 1-inch strips from cinnamon bun dough. Wrap dough around skewers.
- Place doughnuts into fryer and cook for 4 to 5 minutes, flipping to fry both sides.
- Place doughnuts aside onto a paper towel lined plate to remove excess oil.
- Sprinkle with powdered sugar.
- Starter: One day before you plan on baking the cinnamon buns combine the starter ingredients. Stir this mixture occasionally with a rubber spatula and your starter should soon

start bubbling within 12 hours.

- Cook's Note: You will know this because you will see bubbles along the side of the glass container and you may possibly see bubbling on the top of the mixture as well.
- Let this mixture sit bubbling, uncovered, until you are ready to make bread the next day. You might want to stir it occasionally. Remember this is a living culture and you will need to take care of it in order to keep it alive.
- Buns: When you are ready to bake, preheat the oven to 170 degrees F. Prepare 2 (9 by 12-inch) rectangular baking dishes by spraying with nonstick oil spray.
- In a mixer fitted with a dough hook, mix together starter, granulated sugar, vegetable oil, salt, water, yeast and flour.
- After mixing the dough for about 2 minutes, remove the dough to a bowl sprayed with nonstick oil.
- Cook's Note: If the dough mix is too loose, add more flour.
- Cover with a towel and let rise until doubled in size. The rising process will take 1 to 4 hours, depending on the altitude and weather at the time and place you are making the buns.
- When doubled, dump the whole pile of dough onto a well-floured surface and with a rolling pin manipulate the dough to make a rectangle about 1/4-inch thick.
- Filling: Melt 2 sticks of butter to where it is creamy and spreadable.
- Spread the butter onto the dough triangle making sure you spread thoroughly to all corners.
- Sprinkle brown sugar and then cinnamon over the butter making sure that the whole triangle is covered, corner to corner. Top with chopped pecans and raisins.

## Nutrition Facts



## Properties

Glycemic Index:13.66, Glycemic Load:21.82, Inflammation Score:-4, Nutrition Score:9.8652175004068%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg

Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg,  
Epigallocatechin 3-gallate: 0.1mg

## **Nutrients (% of daily need)**

Calories: 384.31kcal (19.22%), Fat: 15.22g (23.41%), Saturated Fat: 5.87g (36.71%), Carbohydrates: 60.07g (20.02%),  
Net Carbohydrates: 55.74g (20.27%), Sugar: 25.96g (28.84%), Cholesterol: 20.25mg (6.75%), Sodium: 367.5mg  
(15.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Manganese: 1.3mg (64.97%), Vitamin B1:  
0.33mg (21.68%), Fiber: 4.34g (17.34%), Folate: 66.5µg (16.63%), Selenium: 11.46µg (16.37%), Iron: 2.2mg (12.22%),  
Vitamin B3: 2.21mg (11.07%), Vitamin B2: 0.19mg (10.97%), Calcium: 73.39mg (7.34%), Copper: 0.14mg (7.05%),  
Vitamin E: 0.93mg (6.2%), Phosphorus: 58.4mg (5.84%), Vitamin A: 252.54IU (5.05%), Magnesium: 18.95mg  
(4.74%), Vitamin K: 4.25µg (4.05%), Potassium: 135.63mg (3.88%), Zinc: 0.57mg (3.8%), Vitamin B5: 0.29mg (2.9%),  
Vitamin B6: 0.06mg (2.82%), Vitamin C: 1.41mg (1.71%)