



Giant Cinnamon Rolls



Gluten Free



Low Fod Map

READY IN



180 min.

SERVINGS



8

CALORIES



315 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons yeast dry
- ☐ 0.5 cup butter softened
- ☐ 3 tablespoons cinnamon
- ☐ 1 large eggs
- ☐ 15 tablespoons granulated sugar divided
- ☐ 0.8 cup brown sugar light packed
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons shortening

Equipment

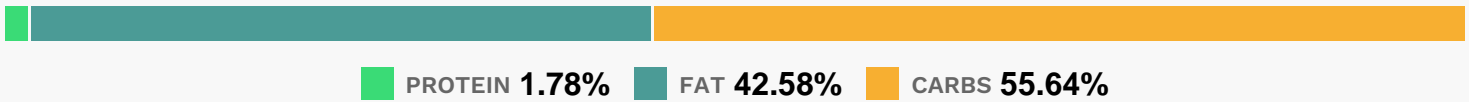
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ baking pan
- ☐ toothpicks
- ☐ stand mixer
- ☐ springform pan
- ☐ rolling pin
- ☐ serrated knife

Directions

- ☐ In a large bowl of a stand mixer fitted with the paddle attachment, mix 1 tbsp. granulated sugar, 1/4 cup warm (11
- ☐ water, and yeast.
- ☐ Let stand until softened, about 5 minutes.
- ☐ Add 1 1/4 cups more warm water, salt, 6 tbsp. granulated sugar, shortening, and egg.
- ☐ Mix until blended.
- ☐ Change to dough hook, gradually add 3 3/4 cups flour, and beat on medium speed until dough is smooth and stretchy and pulls away somewhat from inside of bowl, about 10 minutes (dough will still feel quite wet).
- ☐ Remove hook from bowl and loosely cover bowl.
- ☐ Let dough rise at room temperature until doubled, about 40 minutes.
- ☐ In a small bowl, combine 3 tbsp. cinnamon with 1/2 cup granulated sugar. Generously flour a large work surface and scrape dough onto it. Generously sprinkle dough and a rolling pin with flour.

- ☐ Very gently roll and pat dough into a 10- by 24-in. rectangle, keeping a light coating of flour on dough but trying not to work it in.
- ☐ Sprinkle with cinnamon-sugar mixture and brown sugar, then roll dough into a log starting from a 10-in. side.
- ☐ Cut dough straight down into 8 equal slices.
- ☐ Place slices cut-side up in a greased 10-in. springform pan.
- ☐ Let stand until puffy, about 30 minutes. Preheat oven to 32
- ☐ Set springform pan on rimmed baking pan and bake rolls until golden and a toothpick inserted into the center roll (avoid cinnamon-sugar swirls) comes out clean, about 45 minutes.
- ☐ Let cool in pan on rack, 30 minutes. Meanwhile, make the cinnamon butter: In the bowl of a stand mixer, beat butter with 1 tsp. cinnamon until blended.
- ☐ Run a knife around inside of pan to release rolls; remove pan rim. With a serrated knife, cut rolls apart and top each with about 1 tbsp. cinnamon butter. Put rolls on a platter and place in warm oven until butter has mostly melted, about 1 minute.
- ☐ Make ahead: Instead of letting rolls rise on the counter (step 5), immediately cover with a piece of oiled plastic wrap and chill overnight. In the morning, let stand at room temperature until puffy and no longer cold, about 1 1/4 hours.
- ☐ Bake as directed.

Nutrition Facts



Properties

Glycemic Index:15.64, Glycemic Load:15.75, Inflammation Score:-2, Nutrition Score:4.3543478386558%

Nutrients (% of daily need)

Calories: 314.61kcal (15.73%), Fat: 15.49g (23.82%), Saturated Fat: 8.31g (51.93%), Carbohydrates: 45.53g (15.18%), Net Carbohydrates: 43.66g (15.88%), Sugar: 42.56g (47.29%), Cholesterol: 53.75mg (17.92%), Sodium: 325.05mg (14.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.91%), Manganese: 0.54mg (27.18%), Vitamin A: 397.15IU (7.94%), Vitamin B1: 0.11mg (7.63%), Fiber: 1.86g (7.45%), Folate: 27.15µg (6.79%), Calcium: 54.78mg (5.48%), Vitamin B2: 0.08mg (4.64%), Vitamin E: 0.66mg (4.4%), Selenium: 2.62µg (3.74%), Vitamin K: 3.65µg (3.48%), Vitamin B5: 0.31mg (3.06%), Iron: 0.55mg (3.03%), Phosphorus: 24.9mg (2.49%), Vitamin B3: 0.48mg (2.38%), Vitamin B6: 0.04mg (1.96%), Potassium: 62.44mg (1.78%), Zinc: 0.24mg (1.58%), Copper: 0.03mg (1.52%), Vitamin B12: 0.08µg (1.34%), Magnesium: 5.24mg (1.31%)