



Glazed Cinnamon Biscuits

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



142 kcal

DESSERT

Ingredients

- 4 teaspoons double-acting baking powder
- 1 tablespoon butter melted
- 1 cup powdered sugar
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 5 teaspoons milk
- 0.5 teaspoon salt
- 0.3 cup sugar

0.1 teaspoon vanilla extract

Equipment

bowl

oven

baking pan

Directions

In a large bowl, combine dry ingredients.

Cut in 4 tablespoons of the butter until mixture resembles coarse crumbs. Stir in milk just until moistened. Turn onto a lightly floured surface; knead gently 8 to 10 times.

Roll into an 11-in. x 8-in. rectangle about 1/2 in. thick. Melt remaining butter; brush 1 tablespoon over dough.

Combine sugar and cinnamon; sprinkle over butter.

Roll up jelly-roll style, starting with long edge.

Cut into 12 equal slices.

Place with cut side down in a greased 8-in. square baking pan.

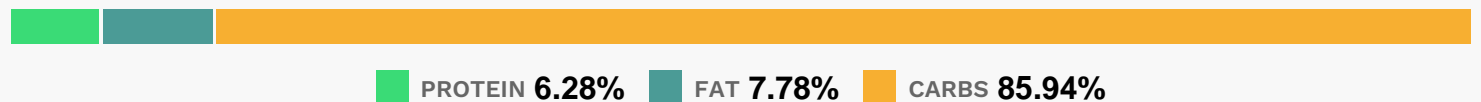
Brush with remaining butter.

Bake at 450° for 18 to 20 minutes or until golden brown. Cool for 5 minutes.

Combine glaze ingredients; spread over warm biscuits.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:14.79, Inflammation Score:-1, Nutrition Score:3.6017391063759%

Nutrients (% of daily need)

Calories: 141.63kcal (7.08%), Fat: 1.23g (1.9%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 30.63g (10.21%), Net Carbohydrates: 29.98g (10.9%), Sugar: 14.1g (15.67%), Cholesterol: 2.76mg (0.92%), Sodium: 247.2mg (10.75%),

Alcohol: 0.01g (100%), Alcohol %: 0.05% (100%), Protein: 2.24g (4.47%), Vitamin B1: 0.16mg (10.99%), Selenium: 7.21µg (10.3%), Folate: 38.17µg (9.54%), Calcium: 86.19mg (8.62%), Manganese: 0.17mg (8.62%), Vitamin B2: 0.11mg (6.41%), Iron: 1.14mg (6.31%), Vitamin B3: 1.24mg (6.18%), Phosphorus: 54.21mg (5.42%), Fiber: 0.65g (2.61%), Copper: 0.03mg (1.59%), Magnesium: 5.32mg (1.33%), Zinc: 0.16mg (1.07%), Vitamin B5: 0.1mg (1.01%)