



Glazed Cinnamon Rolls

 Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



103 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons granulated sugar
- 1 teaspoon ground cinnamon
- 0.7 cup milk
- 2 tablespoons granulated sugar
- 2 tablespoons butter softened
- 0.3 cup raisins
- 1.3 cups powdered sugar
- 2 tablespoons milk

2.5 cups frangelico

Equipment

bowl

frying pan

oven

Directions

Heat oven to 375°F. Grease bottom and sides of 13x9-inch pan. In small bowl, mix 2 tablespoons sugar and the cinnamon; set aside.

In medium bowl, stir Bisquick mix, 2/3 cup milk and 2 tablespoons sugar until dough forms. If dough is too sticky, gradually mix in enough Bisquick mix (up to 1/4 cup) to make dough easy to handle. Turn dough onto surface well dusted with Bisquick mix; gently roll dough in Bisquick mix to coat. Shape into ball; knead 10 times.

Roll dough into 15x9-inch rectangle; spread with butter.

Sprinkle evenly with sugar mixture and raisins.

Roll up tightly, beginning at 15-inch side. Seal well by pinching edge of dough into roll.

Cut into 1 1/4-inch slices; place cut sides down in pan.

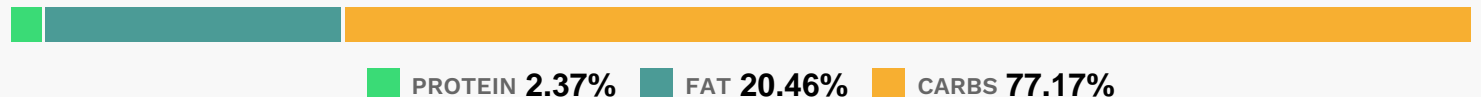
Bake 23 to 25 minutes or until golden brown. Cool 5 minutes.

Remove from pan.

In medium bowl, mix powdered sugar and 2 tablespoons milk until smooth.

Spread glaze over warm rolls.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:4.35, Inflammation Score:-1, Nutrition Score:0.95565216656288%

Nutrients (% of daily need)

Calories: 103.03kcal (5.15%), Fat: 2.42g (3.73%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 20.57g (6.86%), Net Carbohydrates: 20.27g (7.37%), Sugar: 17.81g (19.79%), Cholesterol: 1.93mg (0.64%), Sodium: 29.27mg (1.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Calcium: 23.14mg (2.31%), Vitamin A: 109.96IU (2.2%), Manganese: 0.04mg (1.93%), Phosphorus: 19.13mg (1.91%), Vitamin B2: 0.03mg (1.88%), Vitamin B12: 0.09µg (1.48%), Potassium: 51.05mg (1.46%), Vitamin D: 0.18µg (1.18%), Fiber: 0.29g (1.18%)