



Glazed Cinnamon Rolls



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



16 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.7 cup milk
- ☐ 2.5 cups frangelico
- ☐ 2.5 cups frangelico

Equipment

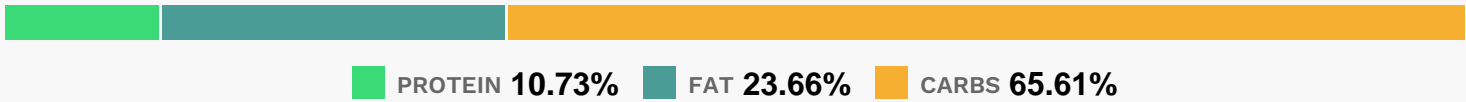
- ☐ bowl
- ☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 375F. 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:9.42, Glycemic Load:1.64, Inflammation Score:-1, Nutrition Score:0.54260869753426%

Nutrients (% of daily need)

Calories: 16.25kcal (0.81%), Fat: 0.44g (0.68%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 2.76g (0.92%), Net Carbohydrates: 2.67g (0.97%), Sugar: 2.65g (2.95%), Cholesterol: 1.63mg (0.54%), Sodium: 5.19mg (0.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Calcium: 18.36mg (1.84%), Manganese: 0.03mg (1.49%), Phosphorus: 13.8mg (1.38%), Vitamin B12: 0.07µg (1.22%), Vitamin B2: 0.02mg (1.13%)