



Glazed Sweet Rolls

READY IN



200 min.

SERVINGS



20

CALORIES



277 kcal

BREAD

Ingredients

- 2 pkg active yeast dry
- 10 Tbsp butter divided
- 8 oz philadelphia cream cheese softened
- 4 eggs divided
- 3.5 cups flour divided
- 0.8 cup granulated sugar divided
- 2 tsp juice of lemon divided
- 0.8 cup milk divided
- 0.5 cup planters pecans chopped

- 1.8 cups powdered sugar sifted
- 0.5 tsp salt

Equipment

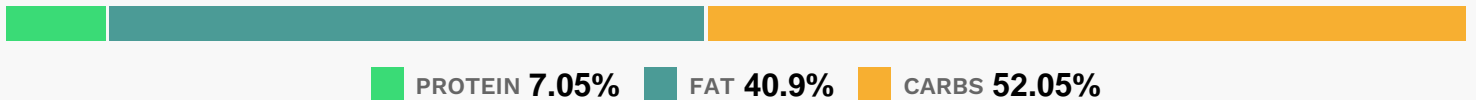
- bowl
- baking sheet
- sauce pan
- oven
- hand mixer

Directions

- Place 3/4 cup of the milk and 8 Tbsp. (1 stick) of the butter in small saucepan; cook on low heat until butter is completely melted and mixture is well blended. Stir in 1 tsp. of the lemon juice.
- Mix 2 cups of the flour, 1/2 cup of the granulated sugar, the yeast and salt in large bowl.
- Add milk mixture; beat with electric mixer on medium speed 2 min.
- Add 3 of the eggs, 1 at a time, beating well after each addition. Stir in enough of the remaining 1-1/2 cups flour to form soft dough.
- Place dough on lightly floured surface; knead 5 min. or until smooth and elastic.
- Place in greased bowl. Melt remaining 2 Tbsp. butter; brush onto dough. Cover; let rise in warm place about 1-1/2 hours or until doubled in volume. Punch down dough.
- Place on floured surface; roll out to 18x12-inch rectangle.
- Sprinkle with pecans.
- Roll up from 1 of the long ends; press edges together to seal.
- Cut into 18 (3/4-inch-thick) slices.
- Place, 1 inch apart, on greased baking sheets; flatten each into 4-inch circle. Cover; let rise in warm place 45 min. or until doubled in volume.
- Preheat oven to 350F. Beat cream cheese, remaining 1/4 cup granulated sugar and remaining 1 tsp. lemon juice with electric mixer on medium speed until well blended.

- Add yolk from remaining egg; mix well. Make depression in center of each roll; fill with rounded tablespoonful of the cream cheese mixture. Lightly beat remaining egg white; brush onto dough.
- Bake 15 min. or until lightly browned.
- Remove to wire racks.
- Mix powdered sugar and remaining 3 Tbsp. milk until well blended.
- Drizzle over warm rolls.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:17.65, Inflammation Score:-4, Nutrition Score:6.2943477462167%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 276.93kcal (13.85%), Fat: 12.74g (19.6%), Saturated Fat: 4.1g (25.62%), Carbohydrates: 36.49g (12.16%), Net Carbohydrates: 35.47g (12.9%), Sugar: 18.82g (20.91%), Cholesterol: 45.29mg (15.1%), Sodium: 176.81mg (7.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.88%), Vitamin B1: 0.28mg (18.48%), Selenium: 11.52µg (16.46%), Folate: 62.28µg (15.57%), Manganese: 0.27mg (13.39%), Vitamin B2: 0.22mg (13.19%), Vitamin A: 466.44IU (9.33%), Vitamin B3: 1.63mg (8.15%), Phosphorus: 75.39mg (7.54%), Iron: 1.27mg (7.06%), Vitamin B5: 0.45mg (4.52%), Fiber: 1.02g (4.07%), Copper: 0.07mg (3.71%), Zinc: 0.53mg (3.54%), Calcium: 34.75mg (3.48%), Vitamin E: 0.46mg (3.07%), Magnesium: 11.6mg (2.9%), Vitamin B12: 0.16µg (2.67%), Vitamin B6: 0.05mg (2.65%), Potassium: 84.9mg (2.43%), Vitamin D: 0.28µg (1.84%)