



Gluten-Free Cinnamon Twists with Vanilla Glaze

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



293 kcal

DESSERT

Ingredients

- ☐ 16 oz flour gluten free
- ☐ 1 tablespoon yeast dry
- ☐ 1.5 teaspoons xanthan gum
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup milk
- ☐ 0.3 cup granulated sugar
- ☐ 3 tablespoons butter

- ☐ 1 teaspoon apple cider vinegar
- ☐ 2 eggs
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons butter melted
- ☐ 1.3 cups powdered sugar
- ☐ 2 tablespoons milk
- ☐ 0.3 teaspoon vanilla gluten-free

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer
- ☐ toothpicks
- ☐ microwave
- ☐ measuring cup

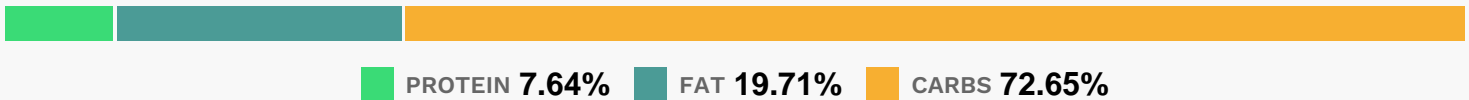
Directions

- ☐ In medium bowl, stir together flour blend, yeast, xanthan gum and salt; set aside.
- ☐ In 2-cup microwavable measuring cup, microwave 3/4 cup milk, 1/3 cup granulated sugar and 3 tablespoons butter uncovered on High 1 minute to warm milk.
- ☐ Pour milk mixture into large bowl. Beat in vinegar and eggs with electric mixer on medium speed. On low speed, gradually beat in flour blend mixture until combined. Beat on medium

speed 2 minutes. In small bowl, stir together 1/4 cup granulated sugar and the cinnamon.

- ☐ Line 2 large cookie sheets with cooking parchment paper. On work surface lightly sprinkled with flour blend, place dough.
- ☐ Roll dough into 10-inch square.
- ☐ Spread 2 tablespoons butter to cover dough.
- ☐ Sprinkle with cinnamon sugar. With sharp knife, cut dough into 12 strips. Holding each end of dough strip, gently twist strip; place about 3 inches apart on cookie sheet. Cover pan with plastic wrap.
- ☐ Let rest in warm place 30 to 45 minutes or until puffy.
- ☐ Heat oven to 375°F.
- ☐ Bake 15 to 20 minutes or until toothpick inserted in center comes out clean.
- ☐ Remove from cookie sheet to cooling rack.
- ☐ In small bowl, stir together Vanilla Glaze ingredients until smooth.
- ☐ Drizzle glaze over warm twists.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:36.35, Glycemic Load:27.98, Inflammation Score:-4, Nutrition Score:7.1869565408029%

Nutrients (% of daily need)

Calories: 292.92kcal (14.65%), Fat: 6.43g (9.89%), Saturated Fat: 3.62g (22.63%), Carbohydrates: 53.29g (17.76%), Net Carbohydrates: 51.81g (18.84%), Sugar: 23.75g (26.38%), Cholesterol: 41.95mg (13.98%), Sodium: 212.17mg (9.22%), Alcohol: 0.03g (100%), Alcohol %: 0.04% (100%), Protein: 5.6g (11.2%), Vitamin B1: 0.35mg (23.11%), Selenium: 15.63µg (22.33%), Folate: 80.6µg (20.15%), Vitamin B2: 0.26mg (15.56%), Manganese: 0.29mg (14.66%), Vitamin B3: 2.39mg (11.97%), Iron: 1.92mg (10.66%), Phosphorus: 77.94mg (7.79%), Fiber: 1.49g (5.95%), Vitamin A: 214.62IU (4.29%), Vitamin B5: 0.4mg (3.96%), Calcium: 35.14mg (3.51%), Copper: 0.06mg (3.19%), Zinc: 0.47mg (3.13%), Magnesium: 11.76mg (2.94%), Vitamin B12: 0.17µg (2.85%), Potassium: 84.62mg (2.42%), Vitamin D: 0.34µg (2.28%), Vitamin B6: 0.05mg (2.27%), Vitamin E: 0.25mg (1.65%)