



## Grandma Carroll's Cinnamon Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



410 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2.3 teaspoons active yeast dry
- ☐ 0.4 lb plus 2 tablespoons butter at room temperature
- ☐ 5.3 cups flour all-purpose
- ☐ 0.3 cup ground cinnamon
- ☐ 1.5 teaspoons salt
- ☐ 1.3 cups sugar
- ☐ 1.3 cups milk whole

## Equipment

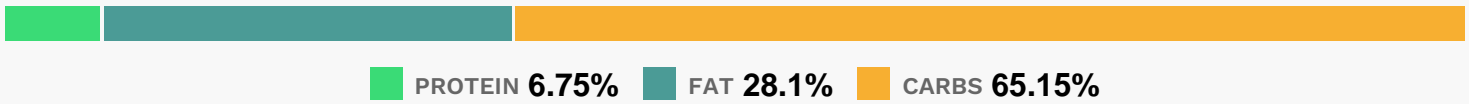
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ wooden spoon

## Directions

- ☐ In a 2-quart pan over medium heat, heat milk to lukewarm. In a large bowl, dissolve yeast in 1 cup warm (11
- ☐ water.
- ☐ Let stand 5 minutes.
- ☐ If using a heavy-duty mixer: With the paddle attachment, stir milk, 3 tablespoons sugar, 2 tablespoons butter, the salt, and 3 1/2 cups flour into yeast mixture. Beat on high until slightly stretchy, about 2 minutes. Switch to dough hook and, on medium speed, beat in 1 1/2 cups more flour until a stiff dough forms. Continue beating until dough pulls cleanly from bowl, 5 to 7 minutes longer; if dough is still sticky, add more flour, 1 tablespoon at a time.
- ☐ If mixing by hand: With a wooden spoon, stir milk, 3 tablespoons sugar, 2 tablespoons butter, the salt, and 3 1/2 cups flour into yeast mixture. Stir vigorously until slightly stretchy, 2 to 4 minutes. Stir in 1 1/2 cups more flour until a stiff dough forms. Scrape onto a floured board and knead until smooth, elastic, and no longer sticky, about 8 minutes; add flour as required to prevent sticking. Return dough to bowl.
- ☐ Cover bowl airtight and let dough rise at room temperature until doubled, 1 to 1 1/2 hours.
- ☐ Scrape dough onto a floured board and press gently to expel air. Divide in half.
- ☐ Roll each half into a 10- by 16-inch rectangle.
- ☐ Spread 6 tablespoons butter over each rectangle. In a small bowl, mix 1 1/4 cups sugar with cinnamon.
- ☐ Sprinkle half the mixture over each rectangle.
- ☐ Starting from a long edge, roll each rectangle into a tight cylinder.
- ☐ Cut each cylinder into six equal pieces.

- ☐
- Place, cut side down and slightly apart, in two 7- by 11-inch baking pans. Cover pans and let stand at room temperature until rolls are almost doubled in size, 1 to 1 1/2 hours.
- ☐
- Bake in a 350 oven until rolls are browned, 30 to 35 minutes. Cool in pan 10 minutes, then drizzle with icing.
- ☐
- Serve warm from the pan.
- ☐
- Icing: In a bowl, mix 3 cups powdered sugar, 1 teaspoon vanilla, and 1/4 cup water. Thin with water if icing is too thick to drizzle.

Nutrition Facts



Properties

Glycemic Index:19.84, Glycemic Load:45.26, Inflammation Score:-6, Nutrition Score:12.441304387606%

Nutrients (% of daily need)

Calories: 410.22kcal (20.51%), Fat: 13.02g (20.03%), Saturated Fat: 7.87g (49.16%), Carbohydrates: 67.89g (22.63%), Net Carbohydrates: 63.64g (23.14%), Sugar: 22.28g (24.75%), Cholesterol: 33.53mg (11.18%), Sodium: 393.58mg (17.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.07%), Manganese: 1.24mg (61.91%), Vitamin B1: 0.51mg (33.97%), Folate: 114.45µg (28.61%), Selenium: 19.49µg (27.84%), Vitamin B2: 0.34mg (19.96%), Vitamin B3: 3.56mg (17.81%), Fiber: 4.25g (17%), Iron: 2.98mg (16.53%), Phosphorus: 95.01mg (9.5%), Calcium: 92.82mg (9.28%), Vitamin A: 409.94IU (8.2%), Copper: 0.1mg (5%), Magnesium: 18.64mg (4.66%), Vitamin B5: 0.45mg (4.46%), Zinc: 0.64mg (4.26%), Potassium: 127.33mg (3.64%), Vitamin E: 0.49mg (3.26%), Vitamin B6: 0.06mg (2.83%), Vitamin B12: 0.16µg (2.7%), Vitamin K: 2.77µg (2.64%), Vitamin D: 0.28µg (1.86%)