

Hazelnut Cinnamon Rolls

READY IN

ready

100 min.

SERVINGS

servings

6

CALORIES

calories

429 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 pound purchased bread dough white frozen thawed (recommended: Bridgeford)
- ☐ 3 tablespoons butter melted
- ☐ 1 tablespoon buttermilk
- ☐ 0.3 cup brown sugar dark packed
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 cup hazelnuts toasted coarsely chopped
- ☐ 3 tablespoons mascarpone cheese
- ☐ 0.8 cup powdered sugar

☐ 2 tablespoons sugar

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Brush 1 tablespoon of melted butter over the bottom and sides of an 8 by 8 by 2-inch baking dish.
- ☐ Mix the nuts, brown sugar, sugar, cinnamon, and cloves in a small bowl.
- ☐ Roll out the thawed dough on a lightly floured surface to a 12 by 9-inch rectangle.
- ☐ Brush 1 tablespoon of butter over the dough.
- ☐ Sprinkle the nut mixture over the dough, leaving a 1/2-inch border along the top and bottom sides. Starting at 1 long side, roll up the dough jelly-roll style, forming a log. Pinch the seam to seal.
- ☐ Cut the log into 9 equal pieces. Arrange the rolls, cut side down, in the prepared baking dish, spacing evenly. Cover the dish with plastic wrap.
- ☐ Let the rolls rise in a warm draft-free area until puffed, about 45 minutes.
- ☐ Position the rack in the center of the oven and preheat to 325 degrees F.
- ☐ Bake the cinnamon rolls uncovered until the tops are golden brown, about 25 minutes. Meanwhile, whisk the powdered sugar, mascarpone cheese, and buttermilk in a medium bowl until smooth and creamy.
- ☐ Brush the remaining 1 tablespoon of butter over the baked cinnamon rolls and then drizzle the cheese mixture over top.
- ☐ Serve warm.

Nutrition Facts



 PROTEIN **5.78%**  FAT **32.74%**  CARBS **61.48%**

Properties

Glycemic Index:28.52, Glycemic Load:2.91, Inflammation Score:-2, Nutrition Score:3.5495652284311%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 429.47kcal (21.47%), Fat: 15.43g (23.73%), Saturated Fat: 6.05g (37.79%), Carbohydrates: 65.19g (21.73%), Net Carbohydrates: 62.87g (22.86%), Sugar: 27.98g (31.09%), Cholesterol: 22.83mg (7.61%), Sodium: 410.36mg (17.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.26%), Manganese: 0.5mg (25.08%), Fiber: 2.31g (9.25%), Vitamin E: 1.18mg (7.84%), Copper: 0.12mg (6.11%), Vitamin A: 286.44IU (5.73%), Calcium: 34.06mg (3.41%), Magnesium: 12.39mg (3.1%), Vitamin B1: 0.04mg (2.97%), Phosphorus: 23.76mg (2.38%), Iron: 0.42mg (2.36%), Vitamin B6: 0.04mg (2.15%), Folate: 7.99µg (2%), Potassium: 64.82mg (1.85%), Vitamin K: 1.61µg (1.53%), Zinc: 0.19mg (1.27%), Vitamin B2: 0.02mg (1.06%)