



Heavenly Cinnamon Rolls

 Vegetarian  Dairy Free

READY IN



135 min.

SERVINGS



12

CALORIES



235 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup apple sauce
- 2.5 teaspoons yeast dry
- 2 eggs
- 4.5 cups flour all-purpose
- 1.5 teaspoons ground cinnamon
- 2 tablespoons honey
- 0.5 cup raisins
- 0.5 teaspoon salt

- 0.8 cup warm water
- 0.3 cup sugar white divided

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Stir 1 tablespoon of the sugar and the yeast into the warm water in a small bowl. The water should be no more than 100 degrees F (40 degrees C).
- Let stand for 5 minutes until the yeast softens and begins to form a creamy foam.
- Whisk together the cinnamon and 2 tablespoons sugar in a small bowl; set aside.
- Beat together the eggs, applesauce, salt, and the remaining 1 tablespoon of sugar in a large bowl. Stir in the yeast mixture. Beat in half of the flour mixture until no dry spots remain. Stir in the remaining flour, a 1/2 cup at a time, mixing well after each addition to form a sticky dough. Turn it out onto a lightly floured surface and knead until fairly smooth but still sticky, about 8 minutes.
- Lightly oil a large bowl, then place the dough in the bowl and turn to coat with oil. Cover with a light cloth and let rise in a warm place (80 to 95 degrees F (27 to 35 degrees C)) for 30 minutes. Grease a 9x13 inch baking pan.
- Deflate the dough and turn it out onto a lightly floured surface.
- Roll the dough into a 16x20 inch rectangle.
- Spread the honey over the dough; sprinkle evenly with the cinnamon sugar and raisins. Beginning with the long side, roll the dough tightly into a log shape, and pinch to seal the seam.
- Cut into 12 equal size pieces.
- Place the rolls into the prepared pan cut side up. Cover the pan with a damp cloth and let rise until doubled in volume, about 30 minutes.

- Preheat an oven to 350 degrees F (175 degrees C).
- Bake in the preheated oven until golden brown, about 30 minutes.

Nutrition Facts

PROTEIN 10.58% **FAT 4.86%** **CARBS 84.56%**

Properties

Glycemic Index:21.76, Glycemic Load:32.84, Inflammation Score:-4, Nutrition Score:8.5069565902586%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 234.81kcal (11.74%), Fat: 1.27g (1.95%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 49.79g (16.6%), Net Carbohydrates: 47.63g (17.32%), Sugar: 8.62g (9.58%), Cholesterol: 27.28mg (9.09%), Sodium: 111.52mg (4.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.45%), Vitamin B1: 0.45mg (30.2%), Folate: 105.12µg (26.28%), Selenium: 18.34µg (26.19%), Manganese: 0.39mg (19.53%), Vitamin B2: 0.31mg (18.16%), Vitamin B3: 3.12mg (15.61%), Iron: 2.55mg (14.15%), Fiber: 2.16g (8.63%), Phosphorus: 74.87mg (7.49%), Copper: 0.1mg (5.14%), Vitamin B5: 0.42mg (4.17%), Potassium: 130.6mg (3.73%), Magnesium: 14.18mg (3.55%), Zinc: 0.5mg (3.36%), Vitamin B6: 0.06mg (2.98%), Calcium: 16.89mg (1.69%), Vitamin B12: 0.07µg (1.1%)