

Herman Cinnamon Rolls

 Dairy Free

READY IN



90 min.

SERVINGS



15

CALORIES



237 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 2 eggs beaten
- 3 cups flour all-purpose
- 3 teaspoons ground cinnamon
- 0.5 cup butter
- 0.5 teaspoon salt
- 2 cups starter

1 cup granulated sugar white

Equipment

bowl

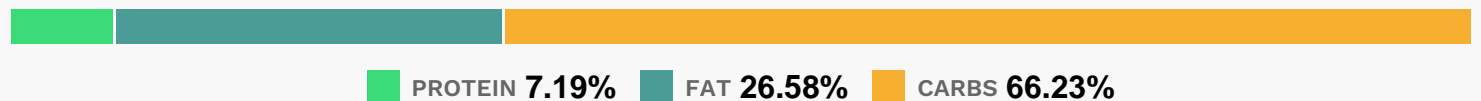
oven

cake form

Directions

- In a large bowl combine Herman Sweet Sourdough Starter, flour, baking soda, salt, baking powder and eggs until well blended.
- Knead dough in bowl for 5 to 7 minutes, or until mixture is smooth.
- Let rise in warm place until doubled. Punch down. On a lightly floured surface, press dough into a 10 x 20 inch rectangle.
- Combine melted margarine, sugar and cinnamon in a small bowl.
- Spread mixture over dough.
- Sprinkle with walnuts or raisins, if desired.
- Starting on long side, roll up dough, jellyroll fashion. Press ends together to make a seam.
- Cut in 1-inch slices and place in an ungreased, 11x14 inch cake pan. Allow rolls rise to double their size.
- Bake in a preheated 325 F oven (165 degree C) for 20 to 25 minutes, until lightly browned.

Nutrition Facts



Properties

Glycemic Index:16.14, Glycemic Load:23.32, Inflammation Score:-3, Nutrition Score:4.9226087173042%

Nutrients (% of daily need)

Calories: 236.87kcal (11.84%), Fat: 7.02g (10.8%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 39.37g (13.12%), Net Carbohydrates: 38.26g (13.91%), Sugar: 13.4g (14.89%), Cholesterol: 21.82mg (7.27%), Sodium: 279.63mg (12.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.54%), Selenium: 10.37µg (14.82%), Vitamin B1: 0.2mg

(13.3%), Folate: 48.61µg (12.15%), Manganese: 0.24mg (12.14%), Vitamin B2: 0.16mg (9.17%), Iron: 1.39mg (7.73%), Vitamin B3: 1.49mg (7.44%), Vitamin A: 303.52IU (6.07%), Calcium: 60.5mg (6.05%), Phosphorus: 58.14mg (5.81%), Fiber: 1.12g (4.46%), Vitamin E: 0.32mg (2.14%), Copper: 0.04mg (2.13%), Vitamin B5: 0.21mg (2.07%), Zinc: 0.26mg (1.73%), Magnesium: 6.89mg (1.72%), Potassium: 40.19mg (1.15%), Vitamin B6: 0.02mg (1.11%)