



Honey Cinnamon Roll-Ups

 Vegetarian

READY IN



50 min.

SERVINGS



24

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups walnuts toasted
- 0.3 cup sugar
- 2 teaspoons ground cinnamon
- 12 sheets dough frozen thawed
- 0.5 cup butter melted
- 0.5 cup honey
- 0.5 cup sugar
- 0.5 cup water

1 tablespoon juice of lemon

Equipment

sauce pan

oven

wire rack

baking pan

Directions

Preheat oven to 350°.

Combine walnuts, sugar and cinnamon.

Place 1 sheet of phyllo dough on a 15x12-in. piece of waxed paper; brush with butter.

Place a second phyllo sheet on top, brushing it with butter. (Keep remaining phyllo covered with a damp towel to prevent it from drying out.)

Sprinkle with 1/4 cup walnut mixture. Using waxed paper, roll up tightly jelly-roll style, starting with a long side, removing paper as you roll. Slice roll into 4 smaller rolls; transfer rolls to a greased 13x9-in. baking dish. Repeat with remaining phyllo dough and walnut mixture, by 1/4 cupfuls.

Bake until light brown, 14–16 minutes. Cool dish on a wire rack.

Meanwhile, in a small saucepan, combine all syrup ingredients. Bring to a boil. Reduce heat; simmer 5 minutes. Cool 10 minutes.

Drizzle cinnamon rolls with syrup; sprinkle with remaining walnut mixture.

Nutrition Facts



PROTEIN 4.94% FAT 53.87% CARBS 41.19%

Properties

Glycemic Index:12.73, Glycemic Load:9.37, Inflammation Score:-2, Nutrition Score:3.4517391090808%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 172.16kcal (8.61%), Fat: 10.79g (16.59%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 18.56g (6.19%), Net Carbohydrates: 17.62g (6.41%), Sugar: 12.33g (13.7%), Cholesterol: 10.17mg (3.39%), Sodium: 77.1mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.45%), Manganese: 0.41mg (20.66%), Copper: 0.17mg (8.45%), Vitamin B1: 0.09mg (5.67%), Folate: 18.33µg (4.58%), Magnesium: 17.25mg (4.31%), Phosphorus: 42.43mg (4.24%), Selenium: 2.84µg (4.05%), Fiber: 0.94g (3.75%), Iron: 0.64mg (3.54%), Vitamin B2: 0.05mg (3.1%), Vitamin B6: 0.06mg (2.88%), Vitamin B3: 0.51mg (2.55%), Zinc: 0.37mg (2.48%), Vitamin A: 120.66IU (2.41%), Potassium: 56.32mg (1.61%), Calcium: 14.08mg (1.41%), Vitamin E: 0.19mg (1.27%)