



Iced Cinnamon Roll Coffee Cake

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



229 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 1 teaspoon cinnamon
- ☐ 12.4 oz cinnamon bun dough refrigerated with icing canned
- ☐ 0.3 cup nuts finely chopped
- ☐ 0.3 cup sugar

Equipment

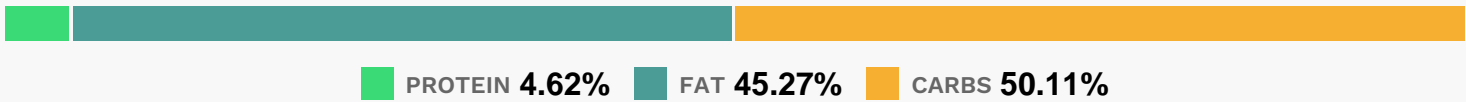
- ☐ frying pan
- ☐ oven

☐ pie form

Directions

- ☐ Heat oven to 375F. Using 1 tablespoon of the butter, butter 9-inch pie pan.
- ☐ Combine sugar and cinnamon; sprinkle 2 tablespoons of the mixture over buttered pan.
- ☐ Sprinkle 3 tablespoons of the nuts over sugar mixture.
- ☐ Separate dough into 8 rolls; cut each into quarters.
- ☐ Place half of pieces evenly over nuts; sprinkle with 1 tablespoon of the sugar mixture. Dot with remaining tablespoon butter; top with remaining roll pieces and sugar mixture.
- ☐ Bake at 375F. for 18 to 20 minutes or until golden brown.
- ☐ Drizzle icing over rolls; sprinkle with remaining nuts.
- ☐ Cut into wedges.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:26.72, Glycemic Load:17.55, Inflammation Score:-1, Nutrition Score:1.3482608739287%

Nutrients (% of daily need)

Calories: 229.34kcal (11.47%), Fat: 11.86g (18.25%), Saturated Fat: 4.98g (31.1%), Carbohydrates: 29.54g (9.85%), Net Carbohydrates: 29g (10.55%), Sugar: 15.79g (17.55%), Cholesterol: 7.53mg (2.51%), Sodium: 338.37mg (14.71%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.73g (5.45%), Manganese: 0.13mg (6.55%), Iron: 0.88mg (4.87%), Copper: 0.06mg (2.94%), Magnesium: 10.35mg (2.59%), Fiber: 0.54g (2.15%), Phosphorus: 20.58mg (2.06%), Vitamin A: 88.88IU (1.78%), Zinc: 0.18mg (1.2%), Vitamin B3: 0.22mg (1.08%)