



Jumbo Cinnamon Rolls

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

529 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 env. active yeast dry
- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 2.5 tablespoons cinnamon
- ☐ 16 oz cream cheese frosting
- ☐ 2 eggs beaten
- ☐ 4.5 cups flour all-purpose
- ☐ 0.3 cup butter cooled melted

- ☐ 1 cup very warm milk 110 degrees
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sugar

Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Combine milk, yeast and sugar in a large bowl; let stand for 10 minutes. Stir in eggs and margarine with a wooden spoon.
- ☐ Mix salt into flour; add flour to wet mixture one cup at a time until dough forms. Knead until smooth; place dough in a large bowl sprayed with non-stick vegetable spray.Cover; let rest until double in size. Generously spray a surface with non-stick vegetable spray; roll out dough into a 21-inch by 16-inch rectangle.
- ☐ Spread with butter; combine brown sugar and cinnamon and sprinkle over top.
- ☐ Roll up dough and slice into 12 rolls; arrange in a lightly greased 13"x9" baking pan. Cover and let rise until nearly double in size, about 30 minutes.
- ☐ Bake at 400 degrees until golden, about 15 minutes.
- ☐ Spread warm rolls with frosting; serve warm.

Nutrition Facts



Properties

Glycemic Index:19.84, Glycemic Load:32.08, Inflammation Score:-5, Nutrition Score:9.6739129592543%

Nutrients (% of daily need)

Calories: 529.45kcal (26.47%), Fat: 18.59g (28.6%), Saturated Fat: 6.7g (41.87%), Carbohydrates: 85.45g (28.48%), Net Carbohydrates: 83.27g (30.28%), Sugar: 46.84g (52.05%), Cholesterol: 43.28mg (14.43%), Sodium: 389.21mg (16.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.4%), Manganese: 0.63mg (31.42%), Selenium: 19.05µg (27.22%), Vitamin B1: 0.39mg (26.18%), Folate: 91.67µg (22.92%), Vitamin B2: 0.31mg (17.97%), Iron: 2.61mg (14.49%), Vitamin B3: 2.87mg (14.37%), Vitamin A: 460.58IU (9.21%), Phosphorus: 91.93mg (9.19%), Fiber: 2.17g (8.69%), Calcium: 69.03mg (6.9%), Copper: 0.09mg (4.69%), Vitamin B5: 0.44mg (4.42%), Magnesium: 16.99mg (4.25%), Potassium: 134.64mg (3.85%), Zinc: 0.56mg (3.75%), Vitamin E: 0.5mg (3.3%), Vitamin B12: 0.19µg (3.2%), Vitamin B6: 0.06mg (2.79%), Vitamin D: 0.37µg (2.47%), Vitamin K: 1.19µg (1.13%)