

# Kelsandra's Pumpkin Cinnamon Rolls

 Vegetarian

READY IN



110 min.

SERVINGS



12

CALORIES



565 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.3 ounce yeast dry
- 1.3 cups brown sugar packed
- 1.3 cups brown sugar packed
- 2 tablespoons butter melted
- 15 ounce pumpkin puree canned
- 1 cup powdered sugar
- 3 ounce cream cheese softened
- 1 eggs beaten

- 5 ounce evaporated milk canned
- 5 cups flour all-purpose
- 0.3 cup milk
- 3 tablespoons olive oil
- 2 tablespoons pumpkin pie spice
- 0.5 teaspoon vanilla extract
- 0.3 cup water (100 degrees F/38 degrees C)
- 0.8 cup granulated sugar white

## Equipment

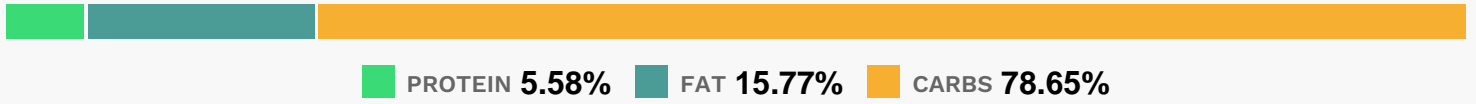
- bowl
- oven
- knife
- mixing bowl
- baking pan

## Directions

- Pour the warm water into a large mixing bowl, and sprinkle yeast over the water. Allow to stand until the yeast begins to form a creamy foam, 5 to 10 minutes. Stir in evaporated milk, white sugar, pumpkin, olive oil, and egg.
- Mix until thoroughly combined.
- Mix in 2 teaspoons of pumpkin pie spice, then add about 5 cups of flour, or as needed to make a stiff dough. Turn the dough out onto a floured work surface, and knead until smooth and elastic, about 8 minutes. Dough will be slightly sticky. Form the dough into a ball, place into an oiled bowl, cover with a cloth, and let rise in a warm place for about 45 minutes. (The dough will rise, but it won't double.)
- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- Punch down the dough, and roll it out to a rectangle shape on a floured work surface until it measures about 18 inches wide and 26 inches long.
- Brush the dough with 1/4 cup melted butter.

- Mix the brown sugar with 2 tablespoons of pumpkin pie spice in a small bowl, and sprinkle the mixture evenly over the dough.
- Roll up the dough the long way, and pinch the seam closed, then cut the dough into 12 equal-sized pieces with a sharp knife.
- Lay the rolls into the prepared baking dish.
- Bake in the preheated oven until lightly golden brown, 30 to 40 minutes.
- While the rolls are baking, mix vanilla extract, cream cheese, 2 tablespoons of melted butter, confectioners' sugar, and milk together to make a glaze.
- Spread the glaze over the rolls as soon as they come out of the oven.

## Nutrition Facts



## Properties

Glycemic Index:21.67, Glycemic Load:37.68, Inflammation Score:-10, Nutrition Score:16.332173972026%

## Nutrients (% of daily need)

Calories: 565.36kcal (28.27%), Fat: 10.06g (15.47%), Saturated Fat: 4.07g (25.43%), Carbohydrates: 112.8g (37.6%),  
 Net Carbohydrates: 110.06g (40.02%), Sugar: 69.83g (77.59%), Cholesterol: 29.85mg (9.95%), Sodium: 74.04mg  
 (3.22%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 8.01g (16.02%), Vitamin A: 5727.42IU (114.55%),  
 Vitamin B1: 0.5mg (33.02%), Manganese: 0.6mg (30.08%), Selenium: 20.75µg (29.64%), Folate: 117.46µg (29.36%),  
 Vitamin B2: 0.38mg (22.59%), Iron: 3.57mg (19.84%), Vitamin B3: 3.55mg (17.77%), Phosphorus: 119.96mg (12%),  
 Fiber: 2.74g (10.96%), Calcium: 109.06mg (10.91%), Vitamin K: 8.63µg (8.22%), Magnesium: 30.05mg (7.51%),  
 Copper: 0.15mg (7.51%), Potassium: 261.08mg (7.46%), Vitamin E: 1.11mg (7.37%), Vitamin B5: 0.7mg (7.04%), Zinc:  
 0.71mg (4.72%), Vitamin B6: 0.09mg (4.69%), Vitamin C: 1.95mg (2.36%), Vitamin B12: 0.1µg (1.65%)