



Land of Nod Cinnamon Buns

 Vegetarian

READY IN



900 min.

SERVINGS



20

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup brown sugar
- 0.3 cup butter melted
- 20 dinner rolls frozen
- 2 teaspoons ground cinnamon
- 0.3 cup vanilla pudding instant
- 0.8 cup raisins

Equipment

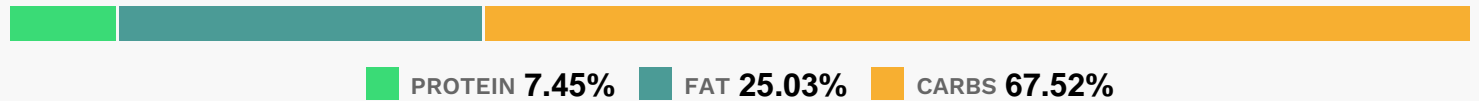
- frying pan

- oven
- kugelhopf pan

Directions

- Lightly grease a 10 inch Bundt cake pan.
- Place frozen rolls into pan and sprinkle with brown sugar, pudding mix, ground cinnamon and raisins.
- Pour melted butter over rolls. Cover with a clean, damp cloth and leave overnight at room temperature.
- In the morning, preheat oven to 350 degrees F (175 degrees C).
- Bake rolls for 25 minutes, until golden brown. Turn rolls out onto a serving plate and serve warm.

Nutrition Facts



Properties

Glycemic Index:5.69, Glycemic Load:2.3, Inflammation Score:-2, Nutrition Score:6.0034782931856%

Nutrients (% of daily need)

Calories: 203.95kcal (10.2%), Fat: 5.81g (8.94%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 35.26g (11.75%), Net Carbohydrates: 33.15g (12.05%), Sugar: 11.6g (12.88%), Cholesterol: 8.13mg (2.71%), Sodium: 256.02mg (11.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.78%), Manganese: 0.5mg (24.82%), Selenium: 14.4µg (20.57%), Vitamin B1: 0.19mg (12.83%), Iron: 1.76mg (9.79%), Vitamin B3: 1.83mg (9.14%), Calcium: 89.26mg (8.93%), Fiber: 2.11g (8.45%), Vitamin B2: 0.13mg (7.57%), Folate: 26.2µg (6.55%), Phosphorus: 50.28mg (5.03%), Magnesium: 18.3mg (4.57%), Copper: 0.09mg (4.34%), Potassium: 110.76mg (3.16%), Zinc: 0.41mg (2.71%), Vitamin B6: 0.05mg (2.39%), Vitamin A: 95.14IU (1.9%), Vitamin B5: 0.18mg (1.78%), Vitamin E: 0.25mg (1.65%), Vitamin K: 1.49µg (1.42%)