

Mama's Mini-Cinnis

READY IN



45 min.

SERVINGS



24

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 6 tablespoons butter softened
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon milk
- ☐ 0.3 cup pecans chopped
- ☐ 0.7 cup powdered sugar
- ☐ 16 ounce crescent rolls refrigerated canned
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon sugar

☐ 0.3 teaspoon vanilla extract

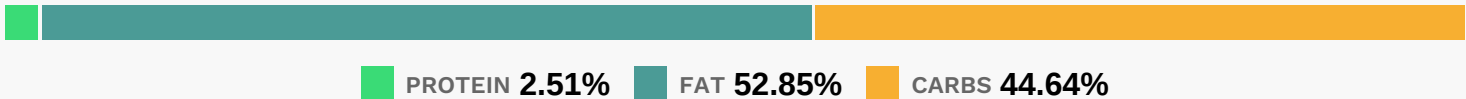
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ serrated knife

Directions

- ☐ Unroll crescent rolls, and separate each dough portion along center perforation to form 4 rectangles; press diagonal perforations to seal.
- ☐ Stir together butter and next 4 ingredients; spread evenly over 1 side of each rectangle.
- ☐ Roll up jellyroll fashion, starting at long end. Gently cut each log into 6 (1-inch-thick) slices, using a serrated knife.
- ☐ Place rolls, 1/4 inch apart, into 2 (8-inch) greased cakepans.
- ☐ Bake at 375 for 15 to 18 minutes or until golden. Cool 5 to 10 minutes.
- ☐ Stir together powdered sugar and remaining ingredients.
- ☐ Drizzle over warm rolls.
- ☐ Note: To make slicing easier, place unbaked rolls on baking sheet, and freeze for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:0.60434782658906%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 126.36kcal (6.32%), Fat: 7.72g (11.88%), Saturated Fat: 2.37g (14.8%), Carbohydrates: 14.67g (4.89%), Net Carbohydrates: 14.52g (5.28%), Sugar: 8.7g (9.66%), Cholesterol: 0.08mg (0.02%), Sodium: 194.66mg (8.46%), Alcohol: 0.01g (100%), Alcohol %: 0.06% (100%), Protein: 0.82g (1.65%), Manganese: 0.07mg (3.4%), Vitamin A: 127.09IU (2.54%), Iron: 0.3mg (1.65%)