



## Mardi Gras Sweet Rolls

READY IN



45 min.

SERVINGS



24

CALORIES



167 kcal

BREAD

### Ingredients

- ☐ 3 ounces cream cheese fat-free
- ☐ 1 package yeast dry
- ☐ 2 large eggs lightly beaten
- ☐ 3.7 cups flour all-purpose
- ☐ 8 ounce carton 50%-less-fat cream sour (such as Daisy)
- ☐ 1.3 cups powdered sugar sifted
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup stick margarine melted
- ☐ 0.5 cup sugar

- ☐ 3 teaspoons purple sugar sprinkles
- ☐ 3 teaspoons sugar sprinkles green
- ☐ 3 teaspoons sugar sprinkles yellow
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup warm water (105° to 115°)

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ blender

## Directions

- ☐ Dissolve yeast in warm water in a small bowl; let stand 5 minutes.
- ☐ Combine flour, 1/2 cup sugar, and salt in a large mixing bowl, stirring well.
- ☐ Combine sour cream, butter, and eggs, stirring well.
- ☐ Add dissolved yeast and sour cream mixture to dry ingredients. Beat at medium speed of a mixer 2 minutes or until smooth. Cover tightly, and chill 8 hours.
- ☐ Divide dough in half; shape half of dough into 12 (2-inch) balls, smoothing out tops.
- ☐ Place 2 inches apart on a baking sheet coated with cooking spray. Repeat procedure with remaining dough. Cover and let rise 30 minutes or until doubled in bulk.
- ☐ Preheat oven to 35
- ☐ Bake rolls at 350 for 12 minutes or until very lightly browned.
- ☐ Let cool on wire racks.
- ☐ Combine powdered sugar, cream cheese, and vanilla in a bowl; beat at medium speed of a mixer until smooth.
- ☐ Combine sugar sprinkles in a small bowl.
- ☐ Spread 2 teaspoons frosting on each roll.

Sprinkle each roll with 3/8 teaspoon of sugar sprinkles.

# Nutrition Facts



## Properties

Glycemic Index:16.31, Glycemic Load:15.49, Inflammation Score:-3, Nutrition Score:4.1308695550846%

## Nutrients (% of daily need)

Calories: 167.15kcal (8.36%), Fat: 3.76g (5.79%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 29.7g (9.9%), Net Carbohydrates: 29.08g (10.58%), Sugar: 14.13g (15.7%), Cholesterol: 18.48mg (6.16%), Sodium: 118.06mg (5.13%), Alcohol: 0.03g (100%), Alcohol %: 0.07% (100%), Protein: 3.65g (7.31%), Vitamin B1: 0.19mg (12.7%), Selenium: 8.21µg (11.73%), Folate: 45.57µg (11.39%), Vitamin B2: 0.16mg (9.54%), Manganese: 0.13mg (6.71%), Vitamin B3: 1.27mg (6.35%), Phosphorus: 59.76mg (5.98%), Iron: 1mg (5.54%), Vitamin A: 184.25IU (3.69%), Calcium: 34.16mg (3.42%), Vitamin B5: 0.26mg (2.65%), Fiber: 0.62g (2.49%), Zinc: 0.33mg (2.23%), Vitamin B12: 0.12µg (1.98%), Copper: 0.04mg (1.8%), Magnesium: 7.1mg (1.77%), Potassium: 60.23mg (1.72%), Vitamin B6: 0.03mg (1.31%), Vitamin E: 0.17mg (1.13%)