



Mini Cinnamon Bun Treats

 Gluten Free

READY IN



70 min.

SERVINGS



16

CALORIES



165 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 3 teaspoons pumpkin pie spice
- 8 oz seamless dough refrigerated canned
- 0.3 cup butter softened
- 16 you will also need: parchment paper
- 1 oz cream cheese softened (from 3-oz package)
- 1 tablespoon butter softened
- 0.3 cup powdered sugar

- 0.3 teaspoon vanilla
- 3 teaspoons milk

Equipment

- bowl
- oven
- hand mixer
- ziploc bags
- muffin liners
- lollipop sticks

Directions

- Heat oven to 350°F. Spray 16 mini muffin cups with cooking spray. In small bowl, mix brown sugar and pumpkin pie spice.
- Unroll dough sheet on lightly floured surface.
- Spread with 1/4 cup butter; sprinkle with brown sugar mixture, pressing lightly. Starting with long side, roll dough up tightly.
- Cut into 16 (3/4-inch) slices.
- Place slices, cut sides down, in muffin cups.
- Bake 13 to 15 minutes or until golden brown. Immediately remove buns from pans; insert lollipop stick into side of each bun. Cool on cooling racks 30 minutes.
- In medium bowl, beat cream cheese and 1 tablespoon butter with electric mixer on medium speed until smooth. Gradually beat in powdered sugar and vanilla. Slowly beat in milk, 1 teaspoon at a time, until glaze is thin enough to drizzle. Spoon glaze into small resealable food-storage plastic bag; seal bag.
- Cut off tiny corner of bag; squeeze bag to drizzle glaze over buns. Store covered in refrigerator.

Nutrition Facts



PROTEIN 7.72% **FAT 34.74%** **CARBS 57.54%**

Properties

Glycemic Index:7.19, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:2.6139130349392%

Nutrients (% of daily need)

Calories: 164.77kcal (8.24%), Fat: 6.38g (9.81%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 23.38g (8.5%), Sugar: 7.55g (8.39%), Cholesterol: 5.49mg (1.83%), Sodium: 267.1mg (11.61%), Alcohol: 0.02g (100%), Alcohol %: 0.06% (100%), Protein: 3.19g (6.38%), Manganese: 0.18mg (9.2%), Selenium: 5.64µg (8.05%), Vitamin B1: 0.1mg (6.7%), Iron: 1.02mg (5.65%), Vitamin B3: 1.05mg (5.24%), Vitamin B2: 0.08mg (4.69%), Folate: 16.7µg (4.17%), Vitamin A: 177.69IU (3.55%), Phosphorus: 19.89mg (1.99%), Calcium: 19.46mg (1.95%), Copper: 0.03mg (1.62%), Fiber: 0.4g (1.59%), Magnesium: 5.13mg (1.28%), Zinc: 0.16mg (1.06%), Vitamin E: 0.15mg (1.02%)