



Mom's Good Cinnamon Rolls



Vegetarian



Dairy Free

READY IN



120 min.

SERVINGS



12

CALORIES



347 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 2 eggs
- ☐ 6.5 cups flour all-purpose divided
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 tablespoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 2 cups warm water (110 degrees F/45 degrees C)
- ☐ 0.5 cup sugar white

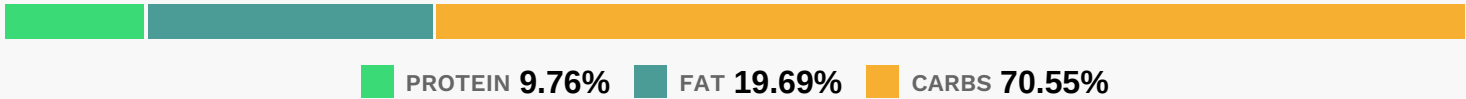
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ In a large mixing bowl, dissolve yeast and 1/3 cup sugar in warm water. Stir in salt and 2 cups flour. Beat mixture for 2 minutes. Beat in eggs and oil. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition.
- ☐ When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 5 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 40 minutes. In a small bowl, stir together 1/2 cup sugar and 2 teaspoons cinnamon; set aside.
- ☐ Divide the dough into twelve equal pieces. Take each piece of dough, roll into a log and roll in cinnamon sugar mixture.
- ☐ Place the knots in a lightly greased 9x13 inch baking pan. Cover the rolls with a damp cloth and let rise until doubled in volume, about 40 minutes. Meanwhile, preheat oven to 350 degrees F (175 degrees C).
- ☐ Bake in preheated oven for 30 minutes, until golden.

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:43.2, Inflammation Score:-5, Nutrition Score:11.996521699202%

Nutrients (% of daily need)

Calories: 347.22kcal (17.36%), Fat: 7.54g (11.6%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 60.78g (20.26%), Net Carbohydrates: 58.45g (21.26%), Sugar: 8.53g (9.48%), Cholesterol: 27.28mg (9.09%), Sodium: 595.83mg (25.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.41g (16.82%), Vitamin B1: 0.66mg (44.3%), Folate: 155.01µg

(38.75%), Selenium: 25.36µg (36.23%), Manganese: 0.53mg (26.38%), Vitamin B2: 0.42mg (24.53%), Vitamin B3: 4.48mg (22.41%), Iron: 3.33mg (18.52%), Vitamin K: 11.47µg (10.92%), Phosphorus: 95.38mg (9.54%), Fiber: 2.32g (9.29%), Copper: 0.12mg (5.82%), Vitamin B5: 0.57mg (5.7%), Zinc: 0.67mg (4.5%), Magnesium: 17.02mg (4.26%), Vitamin E: 0.62mg (4.14%), Vitamin B6: 0.06mg (3.03%), Potassium: 95.57mg (2.73%), Calcium: 19.58mg (1.96%), Vitamin B12: 0.07µg (1.1%)