



Mom's Jiffy Cinnamon Rolls

READY IN



50 min.

SERVINGS



18

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 3 cups flour all-purpose
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 teaspoon salt
- ☐ 2 cups warm water (105 to 115 degrees F / 40 to 45 degrees C)
- ☐ 0.5 cup sugar white
- ☐ 0.5 ounce quick-rise yeast
- ☐ 15.3 ounce duncan hines classic decadent cake mix yellow

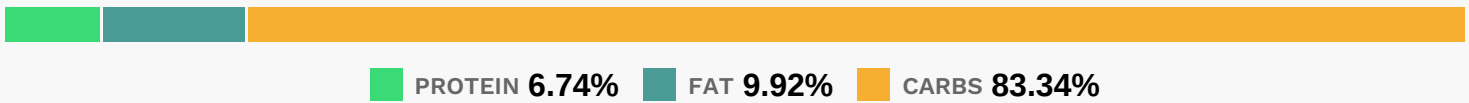
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine 3 cups flour, cake mix, yeast, and salt in a large bowl; beat warm water into flour mixture until thoroughly combined.
- ☐ Mix remaining 1 cup flour into batter to make a soft dough.
- ☐ Turn dough out onto a floured work surface and knead until smooth, 6 to 8 minutes.
- ☐ Roll dough into a 9x18-inch rectangle.
- ☐ Spread softened butter over dough and sprinkle evenly with sugar and cinnamon.
- ☐ Roll dough into a log, starting with a long edge, and pinch edges together to seal.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.
- ☐ Cut dough into 1-inch thick slices and arrange on prepared baking sheet. Cover rolls and let rise in a warm place until doubled, about 15 minutes.
- ☐ Bake in the preheated oven until cinnamon rolls are lightly browned and cooked through inside, 15 to 18 minutes.

Nutrition Facts



Properties

Glycemic Index:11.12, Glycemic Load:15.39, Inflammation Score:-2, Nutrition Score:5.7417391676294%

Nutrients (% of daily need)

Calories: 200.42kcal (10.02%), Fat: 2.22g (3.41%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 41.91g (13.97%), Net Carbohydrates: 40.61g (14.77%), Sugar: 16.01g (17.79%), Cholesterol: 3.34mg (1.11%), Sodium: 316.28mg (13.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.78%), Vitamin B1: 0.31mg (20.39%), Folate: 72.96µg (18.24%), Manganese: 0.27mg (13.43%), Selenium: 7.91µg (11.3%), Vitamin B2: 0.19mg (11.27%), Vitamin B3: 2.11mg (10.55%), Phosphorus: 102.63mg (10.26%), Iron: 1.52mg (8.47%), Calcium: 59.79mg (5.98%), Fiber: 1.3g (5.19%),

Vitamin B5: 0.29mg (2.88%), Copper: 0.06mg (2.85%), Vitamin B6: 0.04mg (2.01%), Magnesium: 7.97mg (1.99%),
Zinc: 0.29mg (1.91%), Vitamin E: 0.28mg (1.87%), Potassium: 43.53mg (1.24%)