



Old-Fashioned Cinnamon Rolls

READY IN



200 min.

SERVINGS



15

CALORIES



289 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3.5 cups flour all-purpose
- 0.3 cup granulated sugar
- 1 teaspoon salt
- 4.5 teaspoons yeast dry
- 1 cup milk
- 0.3 cup butter room temperature ()
- 1 large eggs
- 1 serving pam original flavor shopping list
- 0.5 cup granulated sugar

- 2 teaspoons ground cinnamon
- 0.3 cup butter room temperature ()
- 0.5 cup raisins
- 0.3 cup nuts finely chopped
- 1 cup powdered sugar
- 1 tablespoon butter room temperature
- 0.5 teaspoon vanilla
- 1 tablespoons milk

Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- plastic wrap
- hand mixer
- wooden spoon
- kitchen thermometer
- spatula
- rolling pin
- cutting board
- serrated knife

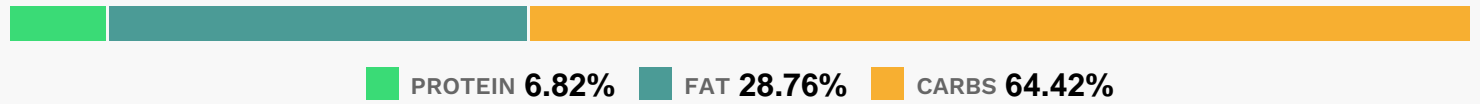
Directions

- In a large bowl, stir 2 cups of the flour, 1/3 cup granulated sugar, the salt and yeast with a wooden spoon until well mixed. In a 1-quart saucepan, heat the milk over medium heat until very warm and an instant-read thermometer reads 120°F to 130°F.

- Add the warm milk, 1/4 cup butter and egg to the flour mixture. Beat with an electric mixer on low speed 1 minute, stopping frequently to scrape batter from side and bottom of bowl with a rubber spatula, until flour mixture is moistened. Beat on medium speed 1 minute, stopping frequently to scrape bowl. With a wooden spoon, stir in enough of the remaining flour, about 1/2 cup at a time, until dough is soft, leaves side of bowl and is easy to handle (dough may be slightly sticky).
- Sprinkle flour lightly on a countertop or large cutting board.
- Place dough on floured surface. Knead by folding dough toward you, then with the heels of your hands, pushing dough away from you with a short rocking motion. Move dough a quarter turn and repeat. Continue kneading about 5 minutes, sprinkling surface with more flour if dough starts to stick, until dough is smooth and springy. Spray a large bowl with the cooking spray.
- Place dough in bowl, turning dough to grease all sides. Cover bowl loosely with plastic wrap; let rise in a warm place about 1 hour 30 minutes or until dough has doubled in size. Dough is ready if an indentation remains when you press your fingertips about 1/2 inch into the dough.
- In a small bowl, mix 1/2 sugar and the cinnamon; set aside. Spray the bottom and sides of a 13x9-inch pan with the cooking spray.
- Sprinkle flour lightly on a countertop or large cutting board. Gently push your fist into the dough to deflate it. Pull the dough away from the side of the bowl, and place it on the floured surface.
- Using your hands or a rolling pin, flatten dough into a 15x10-inch rectangle.
- Spread 1/4 cup butter over dough to within 1/2 inch of edges.
- Sprinkle with sugar-cinnamon mixture, raisins and nuts. Beginning at a 15-inch side, roll dough up tightly. Pinch edge of dough into the roll to seal edge. Stretch and shape roll until even and is 15 inches long. Using a sharp serrated knife or length of dental floss, cut roll into 15 (1-inch) slices.
- Place slices slightly apart in the pan. Cover pan loosely with plastic wrap; let rise in a warm place about 30 minutes or until dough has doubled in size.
- Remove plastic wrap.
- Move the oven rack to the middle position of the oven.
- Heat the oven to 350°F.
- Bake 30 to 35 minutes or until golden brown. Immediately remove rolls from pan; place right side up on a cooling rack. Cool 5 minutes.

- In a small bowl, stir glaze ingredients until smooth, adding enough milk so glaze is thin enough to drizzle. Over the warm rolls, drizzle glaze from the tip of a tableware teaspoon, moving the spoon back and forth to make thin lines of glaze.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:26.32, Inflammation Score:-4, Nutrition Score:7.1817390853944%

Nutrients (% of daily need)

Calories: 289kcal (14.45%), Fat: 9.37g (14.42%), Saturated Fat: 2.08g (12.97%), Carbohydrates: 47.23g (15.74%), Net Carbohydrates: 45.51g (16.55%), Sugar: 19.86g (22.06%), Cholesterol: 14.47mg (4.82%), Sodium: 249.5mg (10.85%), Alcohol: 0.05g (100%), Alcohol %: 0.07% (100%), Protein: 5g (10%), Vitamin B1: 0.35mg (23.58%), Folate: 78.23µg (19.56%), Selenium: 11.47µg (16.38%), Manganese: 0.31mg (15.54%), Vitamin B2: 0.24mg (14.18%), Vitamin B3: 2.29mg (11.45%), Iron: 1.68mg (9.33%), Phosphorus: 77.68mg (7.77%), Vitamin A: 351.16IU (7.02%), Fiber: 1.72g (6.9%), Copper: 0.1mg (4.82%), Magnesium: 16.68mg (4.17%), Vitamin B5: 0.41mg (4.08%), Potassium: 130.16mg (3.72%), Calcium: 36.32mg (3.63%), Zinc: 0.5mg (3.33%), Vitamin B6: 0.06mg (3.02%), Vitamin E: 0.33mg (2.21%), Vitamin B12: 0.13µg (2.2%), Vitamin D: 0.26µg (1.71%)