



# Overnight Cinnamon Rolls

 Vegetarian

READY IN



705 min.

SERVINGS



12

CALORIES



436 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 6 ounces buttermilk room temperature
- 2.5 ounces cream cheese softened
- 4 large egg yolks room temperature
- 20 ounces flour for dusting all-purpose
- 1 tablespoon ground cinnamon
- 1 package yeast dry instant
- 1.3 teaspoons kosher salt
- 8 ounces brown sugar light packed

- 3 tablespoons milk
- 5.5 ounces powdered sugar
- 1 pinch salt
- 2 ounces sugar
- 0.8 ounce butter unsalted melted
- 3 ounces butter unsalted melted
- 1 large eggs whole room temperature

## Equipment

- bowl
- frying pan
- oven
- whisk
- plastic wrap
- baking pan
- kitchen thermometer
- stand mixer
- serrated knife
- glass baking pan

## Directions

- Watch how to make this recipe.
- For the dough: in the bowl of a stand mixer with the whisk attachment, whisk the egg yolks, whole egg, sugar, butter, and buttermilk.
- Add approximately 2 cups of the flour along with the yeast and salt; whisk until moistened and combined.
- Remove the whisk attachment and replace with a dough hook.
- Add all but 3/4 cup of the remaining flour and knead on low speed for 5 minutes. Check the consistency of the dough, add more flour if necessary; the dough should feel soft and moist but not sticky. Knead on low speed 5 minutes more or until the dough clears the sides of the

bowl. Turn the dough out onto a lightly floured work surface; knead by hand about 30 seconds. Lightly oil a large bowl.

- Transfer the dough to the bowl, lightly oil the top of the dough, cover and let double in volume, 2 to 2 1/2 hours.
- Combine the brown sugar, cinnamon and salt in a medium bowl.
- Mix until well incorporated. Set aside until ready to use.
- Butter a 9 by 13-inch glass baking dish. Turn the dough out onto a lightly floured work surface. Gently shape the dough into a rectangle with the long side nearest you.
- Roll into an 18 by 12-inch rectangle.
- Brush the dough with the 3/4-ounce of melted butter, leaving 1/2-inch border along the top edge.
- Sprinkle the filling mixture over the dough, leaving a 3/4-inch border along the top edge; gently press the filling into the dough. Beginning with the long edge nearest you, roll the dough into a tight cylinder. Firmly pinch the seam to seal and roll the cylinder seam side down. Very gently squeeze the cylinder to create even thickness. Using a serrated knife, slice the cylinder into 1 1/2-inch rolls; yielding 12 rolls. Arrange rolls cut side down in the baking dish; cover tightly with plastic wrap and store in the refrigerator overnight or up to 16 hours.
- Remove the rolls from the refrigerator and place in an oven that is turned off. Fill a shallow pan 2/3-full of boiling water and set on the rack below the rolls. Close the oven door and let the rolls rise until they look slightly puffy; approximately 30 minutes.
- Remove the rolls and the shallow pan of water from the oven.
- Preheat the oven to 350 degrees F.
- When the oven is ready, place the rolls on the middle rack and bake until golden brown, or until the internal temperature reaches 190 degrees F on an instant-read thermometer, approximately 30 minutes.
- While the rolls are cooling slightly, make the icing by whisking the cream cheese in the bowl of a stand mixer until creamy.
- Add the milk and whisk until combined. Sift in the powdered sugar, and whisk until smooth.
- Spread over the rolls and serve immediately.

## Nutrition Facts



■ PROTEIN 6.94% ■ FAT 25.11% ■ CARBS 67.95%

## Properties

Glycemic Index:20.51, Glycemic Load:29.76, Inflammation Score:-5, Nutrition Score:10.404782643704%

## Nutrients (% of daily need)

Calories: 435.52kcal (21.78%), Fat: 12.24g (18.82%), Saturated Fat: 6.84g (42.72%), Carbohydrates: 74.48g (24.83%), Net Carbohydrates: 72.69g (26.43%), Sugar: 37.04g (41.16%), Cholesterol: 103.72mg (34.57%), Sodium: 296.84mg (12.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.22%), Selenium: 22.06µg (31.52%), Vitamin B1: 0.46mg (30.49%), Folate: 112.08µg (28.02%), Manganese: 0.46mg (23%), Vitamin B2: 0.36mg (20.91%), Vitamin B3: 3.08mg (15.42%), Iron: 2.65mg (14.71%), Phosphorus: 110.56mg (11.06%), Vitamin A: 436.36IU (8.73%), Fiber: 1.79g (7.15%), Calcium: 68.37mg (6.84%), Vitamin B5: 0.66mg (6.58%), Vitamin D: 0.75µg (4.98%), Copper: 0.1mg (4.83%), Zinc: 0.69mg (4.59%), Vitamin B12: 0.26µg (4.36%), Magnesium: 16.18mg (4.04%), Vitamin B6: 0.08mg (3.81%), Potassium: 131.15mg (3.75%), Vitamin E: 0.5mg (3.35%), Vitamin K: 1.2µg (1.14%)