



Overnight Cinnamon Rolls II

 Vegetarian

READY IN



60 min.

SERVINGS



20

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup brown sugar
- 0.3 cup butter melted
- 20 dinner rolls frozen
- 1 tablespoon ground cinnamon
- 0.3 cup vanilla pudding instant
- 0.8 cup raisins

Equipment

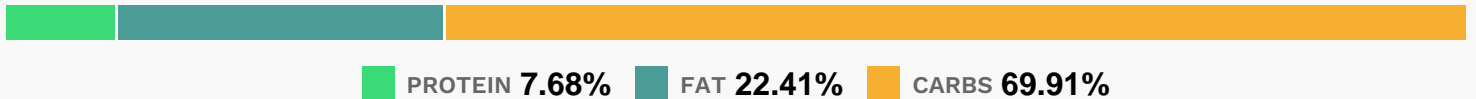
- frying pan

- oven
- mixing bowl
- cake form
- kugelhopf pan

Directions

- Soak the raisins in warm water for 10 minutes; drain.
- Place the rolls in a lightly greased 10 inch Bundt pan or a 13x9 inch cake pan. In a medium mixing bowl combine the brown sugar, pudding mix and cinnamon.
- Sprinkle the soaked raisins and the cinnamon mixture over the rolls.
- Pour the melted butter over the rolls, cover with a clean damp cloth and let stand overnight at room temperature.
- In the morning, preheat oven to 350 degrees F (175 degrees C).
- Bake rolls for 25 minutes or until golden brown.
- Let cool in the pan for 5 minutes and then turn out onto a serving plate.

Nutrition Facts



Properties

Glycemic Index:5.69, Glycemic Load:2.3, Inflammation Score:-2, Nutrition Score:6.0878260790006%

Nutrients (% of daily need)

Calories: 197.66kcal (9.88%), Fat: 5.05g (7.76%), Saturated Fat: 2.11g (13.22%), Carbohydrates: 35.42g (11.81%), Net Carbohydrates: 33.2g (12.07%), Sugar: 11.6g (12.89%), Cholesterol: 6.1mg (2.03%), Sodium: 249.95mg (10.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.78%), Manganese: 0.53mg (26.57%), Selenium: 14.4µg (20.57%), Vitamin B1: 0.19mg (12.83%), Iron: 1.78mg (9.89%), Vitamin B3: 1.83mg (9.15%), Calcium: 91.04mg (9.1%), Fiber: 2.22g (8.87%), Vitamin B2: 0.13mg (7.56%), Folate: 26.18µg (6.55%), Phosphorus: 50.18mg (5.02%), Magnesium: 18.4mg (4.6%), Copper: 0.09mg (4.38%), Potassium: 111.4mg (3.18%), Zinc: 0.41mg (2.73%), Vitamin B6: 0.05mg (2.41%), Vitamin B5: 0.18mg (1.78%), Vitamin E: 0.23mg (1.53%), Vitamin A: 72.09IU (1.44%), Vitamin K: 1.48µg (1.41%)