



## Overnight Pumpkin Spice Rolls with Cream Cheese Icing

 Gluten Free

READY IN



630 min.

SERVINGS



12

CALORIES



338 kcal

### Ingredients

- ☐ 0.3 cup milk (105°F to 115°F)
- ☐ 1.5 teaspoons yeast dry
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 1 teaspoon vanilla
- ☐ 1 eggs
- ☐ 2.5 cups yukon gold potatoes
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup butter unsalted softened cut into cubes
- ☐ 0.8 cup granulated sugar
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.3 cup butter unsalted melted
- ☐ 0.3 cup butter unsalted
- ☐ 4 oz cream cheese softened (half of 8-oz package)
- ☐ 2 cups powdered sugar
- ☐ 0.1 teaspoon salt

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ stand mixer
- ☐ rolling pin

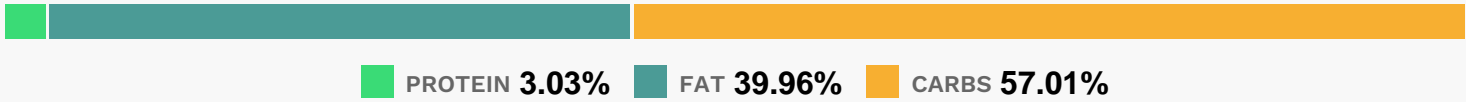
## Directions

- ☐ In small bowl, mix warm milk, yeast and 1 tablespoon of the granulated sugar. Set aside until yeast becomes foamy while you gather remaining ingredients.
- ☐ In another small bowl, mix pumpkin, vanilla and egg.
- ☐ In large bowl, mix 2 1/2 cups of the flour (reserve the last 1/4 cup to bring together the dough if needed), 1/2 teaspoon salt, 1/2 teaspoon cinnamon and remaining 3 tablespoons sugar.

- ☐ Cut in 1/4 cup butter by pinching it into the flour with your fingers, using a pastry blender, or a fork until mixture is sandy and butter is mostly incorporated.
- ☐ Mix yeast mixture and pumpkin mixture into the dough using dough hook on stand mixer or with wooden spoon until wet dough forms. If using mixer, beat dough with dough hook 10 minutes on medium speed until dough starts to pull away from side of bowl and becomes elastic. If dough is still very wet and stringy, add remaining 1/4 cup flour. If you are mixing dough by hand, you will likely need additional flour so you can handle dough enough to knead it. For hand mixing, knead dough about 5 minutes, until it becomes elastic and fairly smooth. Shape dough into a ball and place into oiled bowl; cover with plastic wrap, and set in warm place 1 to 2 hours or until double in size.
- ☐ In another small bowl, beat sugar and spices for Filling with whisk. Lightly oil 13x9-inch pan; set aside.
- ☐ Place dough on floured work surface.
- ☐ Roll dough with rolling pin to 15x12-inch rectangle.
- ☐ Spread 1/4 cup melted butter over dough, leaving about 1 inch of unbuttered space on each of the longer sides.
- ☐ Sprinkle with sugar-spice mixture. Starting with 1 of the longer sides of the dough, roll it up into a log, and pinch together the seam.
- ☐ Cut dough into 4 equal pieces; cut each piece into 3, for a total of 12 rolls. Arrange evenly in pan with 1 of the cut sides down. Cover pan with plastic wrap, and place in refrigerator overnight.
- ☐ In the morning, remove pan from refrigerator, and set on counter for 30 minutes to take off the chill. After 30 minutes, heat oven to 350°F, and place pan on top of oven, where it will be very warm, and cover with towel. Allow oven to heat and the rolls to warm for about 30 minutes or until rolls are puffed, about double in size, and the spaces in between the rolls are nearly filled in.
- ☐ Bake 20 to 25 minutes or until rolls are golden. Cool slightly while you make icing.
- ☐ In 6-inch skillet, heat 1/4 cup butter over medium heat until it separates into clear butter, foam and milk solids. Continue to cook until milk solids become deep, toffee brown and smell fragrant and nutty.
- ☐ Pour butter into a dish, and set aside.
- ☐ In medium bowl, beat cream cheese until soft and creamy.
- ☐ Add powdered sugar, browned butter and 1/8 teaspoon salt. Beat to combine, and spread over warm rolls.

- ☐ Serve warm.
- ☐ Rolls are best the same day they are made.

# Nutrition Facts



## Properties

Glycemic Index:30.74, Glycemic Load:18.18, Inflammation Score:-7, Nutrition Score:6.1839130339415%

## Flavonoids

Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 338.46kcal (16.92%), Fat: 15.44g (23.75%), Saturated Fat: 9.44g (59.03%), Carbohydrates: 49.55g (16.52%), Net Carbohydrates: 47.19g (17.16%), Sugar: 37.27g (41.41%), Cholesterol: 54.3mg (18.1%), Sodium: 186.71mg (8.12%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 2.63g (5.27%), Vitamin A: 1445.3IU (28.91%), Vitamin C: 10.12mg (12.27%), Manganese: 0.23mg (11.44%), Fiber: 2.36g (9.46%), Vitamin B6: 0.19mg (9.28%), Potassium: 259.6mg (7.42%), Phosphorus: 62.06mg (6.21%), Vitamin B1: 0.09mg (6.1%), Vitamin B2: 0.1mg (6.03%), Folate: 23.99µg (6%), Vitamin B5: 0.47mg (4.73%), Magnesium: 16.08mg (4.02%), Selenium: 2.76µg (3.94%), Vitamin B3: 0.76mg (3.78%), Copper: 0.07mg (3.72%), Iron: 0.66mg (3.69%), Calcium: 35.9mg (3.59%), Vitamin E: 0.47mg (3.11%), Zinc: 0.35mg (2.32%), Vitamin D: 0.34µg (2.28%), Vitamin K: 2.29µg (2.18%), Vitamin B12: 0.11µg (1.75%)