



## Peaches-and-Cream Cinnamon Rolls

READY IN



10 min.

SERVINGS



100

CALORIES



82 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.8 cup firmly brown sugar packed
- 8 oz cream cheese softened
- 6 oz peaches dried
- 100 servings flour all-purpose
- 26.4 oz biscuits frozen
- 1 teaspoon ground cinnamon
- 3 tablespoons milk
- 0.5 cup pecans toasted chopped
- 1 cup powdered sugar

- 0.5 teaspoon vanilla extract

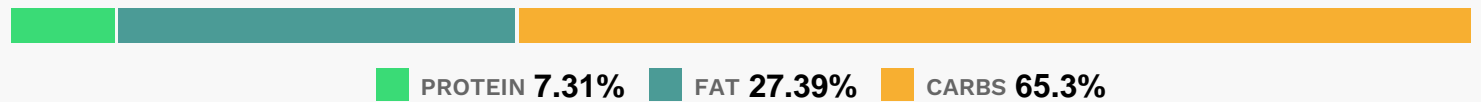
## Equipment

- frying pan
- oven

## Directions

- Arrange frozen biscuits, with sides touching, in 3 rows of 4 biscuits on a lightly floured surface.
- Let stand 30 to 45 minutes or until biscuits are thawed but still cool to the touch.
- Pour boiling water to cover over dried peaches, and let stand 10 minutes; drain well. Chop peaches.
- Sprinkle thawed biscuits lightly with flour. Press biscuit edges together, and pat to form a 10- x 12-inch rectangle of dough; spread evenly with softened cream cheese. Stir together brown sugar and cinnamon; sprinkle evenly over butter.
- Sprinkle chopped peaches and pecans evenly over brown sugar mixture.
- Roll up, starting at one long end; cut into 12 (about 1-inch-thick) slices.
- Place rolls into a lightly greased 10-inch cast-iron skillet, 10-inch round pan, or 9-inch square pan.
- Bake at 375 for 35 to 40 minutes or until center rolls are golden brown and done; cool slightly.
- Stir together 1 cup powdered sugar, 3 Tbsp. milk, and 1/2 tsp. vanilla; drizzle evenly over rolls.

## Nutrition Facts



## Properties

Glycemic Index:2.2, Glycemic Load:6.48, Inflammation Score:-1, Nutrition Score:2.2752173859626%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin

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## **Nutrients (% of daily need)**

Calories: 81.7kcal (4.09%), Fat: 2.51g (3.86%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 12.95g (4.71%), Sugar: 3.9g (4.33%), Cholesterol: 2.42mg (0.81%), Sodium: 78.55mg (3.42%), Alcohol: 0.01g (100%), Alcohol %: 0.04% (100%), Protein: 1.51g (3.01%), Vitamin B1: 0.1mg (6.35%), Selenium: 4.21µg (6.01%), Manganese: 0.12mg (5.76%), Folate: 19.31µg (4.83%), Phosphorus: 46.78mg (4.68%), Vitamin B2: 0.07mg (4.08%), Vitamin B3: 0.78mg (3.9%), Iron: 0.69mg (3.86%), Fiber: 0.5g (2.01%), Copper: 0.03mg (1.55%), Potassium: 49.97mg (1.43%), Vitamin A: 68.49IU (1.37%), Magnesium: 4.72mg (1.18%)