

Poppy Seed Sweet Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



149 kcal

BREAD

Ingredients

- 2 tablespoons yeast dry
- 0.5 teaspoon baking soda
- 1 cup brown sugar packed
- 0.3 cup butter softened
- 1.5 cups buttermilk (110° to 115°)
- 0.5 cup canola oil
- 2 cups powdered sugar
- 8 ounces cream cheese softened

- 2 tablespoons flour all-purpose
- 4 teaspoons milk
- 1 cup pecans chopped
- 2 tablespoons poppy seeds
- 1 teaspoon salt
- 3 tablespoons sugar divided
- 1 teaspoon vanilla extract
- 0.3 cup water (110° to 115°)

Equipment

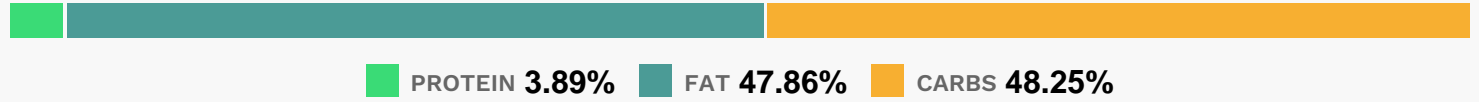
- bowl
- baking sheet
- oven

Directions

- In a large bowl, dissolve yeast in warm water.
- Add 1 tablespoon sugar; let stand for 5 minutes.
- Add the buttermilk, oil, salt, baking soda, 3 cups flour and remaining sugar; beat until smooth. Stir in enough remaining flour to form a soft dough.
- Turn onto a lightly floured surface; knead until smooth and elastic, about 6–8 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place for 30 minutes.
- Punch dough down. Turn onto a floured surface; divide in half.
- Roll each portion into a 15-in. x 9-in. rectangle.
- For filling, in a small bowl, beat cream cheese and butter until fluffy. Beat in the brown sugar, flour and vanilla until smooth. Stir in nuts and poppy seeds.
- Spread over rectangles.
- Roll up jelly-roll style, starting with a long side; pinch seams to seal.
- Cut into 1-in. pieces.

- Place 2 in. apart on greased baking sheets. Cover and let rise for 30 minutes.
- Bake at 375° for 12–15 minutes until golden brown.
- Remove from pans to wire racks to cool.
- Combine icing ingredients; drizzle over rolls.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:1.44, Inflammation Score:-2, Nutrition Score:2.5030434648304%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 149.4kcal (7.47%), Fat: 8.19g (12.61%), Saturated Fat: 3.05g (19.06%), Carbohydrates: 18.59g (6.2%), Net Carbohydrates: 18.04g (6.56%), Sugar: 17.22g (19.13%), Cholesterol: 13.1mg (4.37%), Sodium: 147.15mg (6.4%), Alcohol: 0.05g (100%), Alcohol %: 0.12% (100%), Protein: 1.5g (2.99%), Manganese: 0.21mg (10.74%), Vitamin B1: 0.07mg (4.68%), Calcium: 40.03mg (4%), Phosphorus: 37.24mg (3.72%), Vitamin B2: 0.06mg (3.53%), Vitamin A: 171.72IU (3.43%), Copper: 0.06mg (3.21%), Folate: 9.86µg (2.46%), Selenium: 1.68µg (2.4%), Magnesium: 9.43mg (2.36%), Fiber: 0.55g (2.2%), Zinc: 0.33mg (2.19%), Vitamin E: 0.31mg (2.07%), Vitamin B5: 0.17mg (1.74%), Potassium: 60.08mg (1.72%), Iron: 0.25mg (1.39%), Vitamin B12: 0.08µg (1.31%), Vitamin B6: 0.03mg (1.27%), Vitamin D: 0.16µg (1.09%), Vitamin B3: 0.21mg (1.06%)