



## Puff Pastry Cinnamon Rolls

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



349 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tablespoon butter
- 8 ounce cream cheese cubed
- 16 ounce cream cheese frosting
- 1 tablespoon ground cinnamon
- 1 sheet puff pastry frozen thawed
- 1 tablespoon vanilla extract

### Equipment

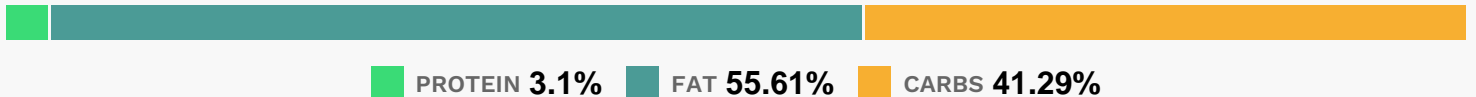
- frying pan

- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Spray a 9x13 inch baking pan with cooking spray.
- In a saucepan, melt butter over medium heat.
- Add cream cheese, cinnamon, and vanilla to pan, and stir until smooth.
- Remove from heat, and cool for 5 minutes.
- Spread cinnamon and cream cheese mixture over puff pastry.
- Roll puff pastry into a log, and pinch ends together to keep filling inside.
- Place roll in prepared pan.
- Bake in preheated oven for 35 to 40 minutes, or until golden brown.
- Remove from oven, and spread cream cheese frosting over warm roll.
- Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:5.28, Inflammation Score:-2, Nutrition Score:3.2678260530305%

## Nutrients (% of daily need)

Calories: 348.64kcal (17.43%), Fat: 21.77g (33.5%), Saturated Fat: 8.11g (50.67%), Carbohydrates: 36.37g (12.12%), Net Carbohydrates: 35.71g (12.99%), Sugar: 25.03g (27.81%), Cholesterol: 21.6mg (7.2%), Sodium: 190.05mg (8.26%), Alcohol: 0.37g (100%), Alcohol %: 0.59% (100%), Protein: 2.73g (5.46%), Manganese: 0.23mg (11.28%), Selenium: 6.79µg (9.7%), Vitamin B2: 0.11mg (6.19%), Vitamin B1: 0.09mg (5.73%), Vitamin A: 285.15IU (5.7%), Vitamin B3: 0.89mg (4.43%), Folate: 17.7µg (4.43%), Vitamin K: 3.97µg (3.78%), Iron: 0.66mg (3.67%), Phosphorus: 34.38mg (3.44%), Calcium: 28.59mg (2.86%), Fiber: 0.66g (2.64%), Vitamin E: 0.32mg (2.1%), Copper: 0.04mg (1.86%), Potassium: 55.39mg (1.58%), Magnesium: 6.28mg (1.57%), Zinc: 0.22mg (1.5%), Vitamin B5: 0.11mg (1.13%)