



## Pumpkin Cinnamon Rolls

 Vegetarian

READY IN



105 min.

SERVINGS



24

CALORIES



525 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2.3 Teaspoons yeast dry
- 0.5 teaspoon double-acting baking powder ()
- 0.5 teaspoon baking soda
- 0.5 cup brown sugar
- 1 stick butter melted
- 2 Tablespoons butter melted
- 24 servings butter for the baking pans
- 0.5 teaspoon cinnamon

- 8 ounces cream cheese softened
- 24 servings dough
- 0.5 cup flour all-purpose (additional)
- 4 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 0.5 teaspoon ground ginger
- 0.3 teaspoon nutmeg
- 24 servings milk for thinning
- 1 cup pecans finely chopped
- 0.5 pound powdered sugar
- 1 cup pumpkin puree
- 0.5 teaspoon salt
- 1 Dash salt
- 0.5 cup sugar
- 0.5 cup vegetable oil
- 0.3 cup milk whole
- 1.5 cup milk whole

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan
- hand mixer
- stove
- kitchen towels
- rolling pin

# Directions

- MAKE THE DOUGH**In a large saucepan, combine 1 1/2 cups whole milk, 1/2 vegetable oil, and 1/2 cup sugar.
- Heat until hot but not boiling, then remove the pan from the stove and allow it to cool until the mixture is warm to the touch but not too hot.
- Sprinkle the yeast over the surface of the liquid and allow to sit for 5 minutes. Stir in pumpkin puree until combined.
- Combine 4 cups of flour with 1/2 teaspoon cinnamon, 1/4 teaspoon nutmeg, and 1/4 teaspoon ginger.
- Sprinkle it into the saucepan and stir until it just comes together. Cover the saucepan with a dish towel and set in a warm, draft-free place for 1 hour. After 1 hour, the mixture should be very puffy and at least doubled in size. Stir in 1/2 cup flour, baking soda, baking powder, and salt until totally combined. **MAKE THE ROLLS**Preheat the oven to 375 degrees.
- Drizzle butter into 3 pie pans (or a larger baking dish) and smear it all over the bottom of the pans. Turn out dough onto a floured surface and press it into a rectangular shape. If it is overly sticky, sprinkle generously with flour and handle it/flour it until it's easier to handle. Flour a rolling pin and roll the dough into a large rectangle about 10 inches by 30 inches.
- Drizzle the melted 1 stick of butter over the dough and smear it all over the surface with your fingers.
- Mix together 1/2 cup sugar, 1/2 cup brown sugar, and the cinnamon, nutmeg, and ginger.
- Sprinkle this all over the surface of the dough, covering all the melted butter.
- Sprinkle with 1/2 cup to 3/4 cup chopped pecans. Starting at the top, use a "typewriter" motion to roll the dough toward you into a large log.
- Roll it tightly as you go so the rolls will be nice and neat. When it's all rolled, pinch the seam closed and turn the roll over so that the seam is facing down. Slice 1/2 to 3/4 inch slices and place them in the buttered pan(s). Allow them to rise for 20 minutes, then bake for 15-18 minutes or until nice and golden brown around the edges. **MAKE THE FROSTING**While the rolls are baking, making the frosting by combining all the frosting ingredients in the bowl of an electric mixer. Beat until fluffy, adding more milk if you'd like a thinner icing.
- Add maple flavoring if using and beat until combined. **FINISH THE ROLLS**Slice rolls the second they come out of the oven.

Sprinkle extra nuts over the frosting, then allow them to sit for 15 minutes before serving.  
Delicious!

## Nutrition Facts



**PROTEIN 10.31%** **FAT 44.18%** **CARBS 45.51%**

### Properties

Glycemic Index:30.46, Glycemic Load:24.34, Inflammation Score:-9, Nutrition Score:17.821304251318%

### Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

### Nutrients (% of daily need)

Calories: 524.86kcal (26.24%), Fat: 26.07g (40.11%), Saturated Fat: 13.13g (82.05%), Carbohydrates: 60.43g (20.14%), Net Carbohydrates: 58.57g (21.3%), Sugar: 31.42g (34.92%), Cholesterol: 64.34mg (21.45%), Sodium: 375.22mg (16.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.69g (27.39%), Vitamin A: 2414.33IU (48.29%), Calcium: 355.12mg (35.51%), Vitamin B2: 0.59mg (34.89%), Phosphorus: 336.92mg (33.69%), Vitamin B1: 0.5mg (33.38%), Selenium: 18.68µg (26.68%), Manganese: 0.52mg (26.09%), Vitamin B12: 1.45µg (24.22%), Vitamin D: 2.88µg (19.2%), Folate: 69.91µg (17.48%), Potassium: 497mg (14.2%), Vitamin B3: 2.67mg (13.33%), Vitamin B5: 1.33mg (13.28%), Magnesium: 49.15mg (12.29%), Iron: 2.04mg (11.35%), Zinc: 1.64mg (10.94%), Vitamin B6: 0.2mg (10.17%), Fiber: 1.86g (7.45%), Copper: 0.13mg (6.4%), Vitamin K: 5.78µg (5.51%), Vitamin E: 0.74mg (4.95%)