

Pumpkin Pie Cinnamon Buns with Caramel Cream Cheese Frosting



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



17 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

☐ 0.3 cup ingredients: caramel sauce cream cheese room temperature ()

Equipment

☐ oven

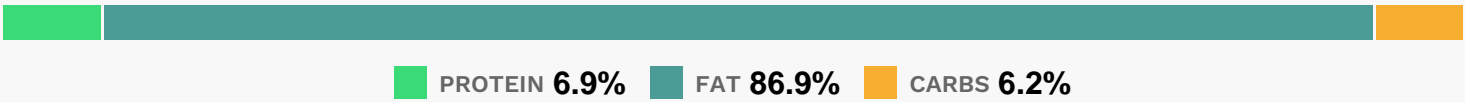
☐ plastic wrap

☐ baking pan

Directions

- ☐ Punch down the dough and knead for 30 seconds.
- ☐ Cover the dough and let it rest for 10 minutes.
- ☐ Roll out the dough on a floured surface into a 24" by 12" rectangle.
- ☐ Spread the butter over othe dough leaving 1 inch on each side free.
- ☐ Mix the sugar and spices and sprinkle it onto the dough followed by the cranberries and ginger.
- ☐ Roll the dough into a log, pinch to seal and cut it into 12 even slices.
- ☐ Arrange the buns in a greased baking pan, cover in plastic wrap and let rise until doubled in size, about 1 hour and 30 minutes.
- ☐ Bake in a 375F preheated oven until golden brown, about 15–20 minutes.
- ☐ Top the buns with the frosting and enjoy.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.22347825959973%

Nutrients (% of daily need)

Calories: 16.55kcal (0.83%), Fat: 1.63g (2.5%), Saturated Fat: 0.96g (5.97%), Carbohydrates: 0.26g (0.09%), Net Carbohydrates: 0.26g (0.09%), Sugar: 0.18g (0.2%), Cholesterol: 4.78mg (1.59%), Sodium: 14.85mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Vitamin A: 63.51IU (1.27%)