



## Raspberry-Swirl Sweet Rolls

 Vegetarian

READY IN



270 min.

SERVINGS



30

CALORIES



155 kcal

BREAD

### Ingredients

- ☐ 1.5 tablespoons yeast dry
- ☐ 0.8 cup powdered sugar
- ☐ 1 teaspoon cornstarch
- ☐ 2 large eggs
- ☐ 4.3 cups flour for dusting all-purpose plus more
- ☐ 1.5 tablespoons cup heavy whipping cream
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1 cup milk

- ☐ 1 package raspberries thawed
- ☐ 0.5 teaspoon sea salt fine
- ☐ 0.3 cup sugar
- ☐ 0.7 cup sugar
- ☐ 1 stick butter unsalted softened
- ☐ 3 tablespoons butter unsalted melted

## Equipment

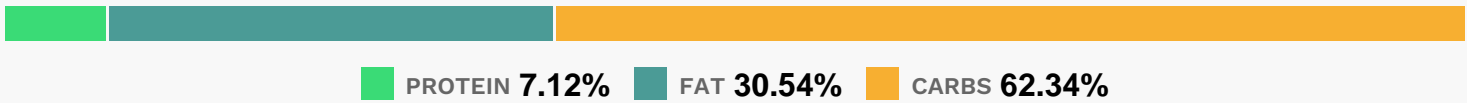
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer
- ☐ rolling pin
- ☐ offset spatula

## Directions

- ☐ In a small saucepan, warm the milk over moderately low heat until it's 9
- ☐ Pour the warm milk into the bowl of a standing electric mixer fitted with the dough hook and stir in the sugar and yeast.
- ☐ Let stand until the yeast is foamy, about 5 minutes.
- ☐ Add the softened butter, eggs, grated lemon zest and sea salt.
- ☐ Add the flour and beat at medium speed until a soft dough forms, about 3 minutes. Increase the speed to medium-high and beat until the dough is soft and supple, about 10 minutes longer.

- ☐ Scrape the dough out onto a lightly floured surface and knead it with your hands 2 or 3 times. Form the dough into a ball and transfer it to a lightly buttered bowl. Cover the dough with plastic wrap and let stand in a warm place until doubled in bulk, 1 to 2 hours.
- ☐ Line the bottom of a 9-by-13-inch baking pan with parchment paper, allowing the paper to extend up the short sides. Butter the paper and sides of the pan. Turn the dough out onto a lightly floured work surface and, using a rolling pin, roll it into a 10-by-24-inch rectangle.
- ☐ In a medium bowl, toss the frozen raspberries with the sugar and cornstarch.
- ☐ Spread the raspberry filling evenly over the dough. Tightly roll up the dough to form a 24-inch-long log. Working quickly, cut the log into quarters.
- ☐ Cut each quarter into 4 slices and arrange them in the baking pan, cut sides up. Scrape any berries and juice from the work surface into the baking pan between the rolls. Cover the rolls and let them rise in a warm place until they are puffy and have filled the baking pan, about 2 hours.
- ☐ Preheat the oven to 42
- ☐ Bake the rolls for about 25 minutes, until they are golden and the berries are bubbling.
- ☐ Transfer the pan to a rack to cool for 30 minutes.
- ☐ In a small bowl, whisk the confectioners' sugar with the butter and heavy cream until the glaze is thick and spreadable.
- ☐ Invert the rolls onto the rack and peel off the parchment paper. Invert the rolls onto a platter. Dollop glaze over each roll and spread with an offset spatula.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:9.31, Glycemic Load:14.33, Inflammation Score:-2, Nutrition Score:4.1543478395628%

## Flavonoids

Cyanidin: 4.76mg, Cyanidin: 4.76mg, Cyanidin: 4.76mg, Cyanidin: 4.76mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg

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Nutrients (% of daily need)

Calories: 155.24kcal (7.76%), Fat: 5.31g (8.18%), Saturated Fat: 3.11g (19.46%), Carbohydrates: 24.41g (8.14%), Net Carbohydrates: 23.2g (8.44%), Sugar: 9.97g (11.08%), Cholesterol: 25.33mg (8.44%), Sodium: 48.04mg (2.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin B1: 0.17mg (11.38%), Selenium: 7.35µg (10.5%), Folate: 41.03µg (10.26%), Manganese: 0.19mg (9.65%), Vitamin B2: 0.13mg (7.7%), Vitamin B3: 1.2mg (6.01%), Iron: 0.96mg (5.36%), Fiber: 1.22g (4.86%), Phosphorus: 39.92mg (3.99%), Vitamin A: 174.78IU (3.5%), Vitamin C: 2.82mg (3.41%), Vitamin B5: 0.23mg (2.28%), Copper: 0.04mg (1.99%), Magnesium: 7.84mg (1.96%), Calcium: 19.13mg (1.91%), Zinc: 0.27mg (1.78%), Vitamin E: 0.27mg (1.78%), Vitamin D: 0.25µg (1.64%), Potassium: 55.61mg (1.59%), Vitamin B12: 0.08µg (1.4%), Vitamin B6: 0.03mg (1.38%), Vitamin K: 1.29µg (1.22%)