



Savory Cinnamon Rolls

READY IN



16 min.

SERVINGS



24

CALORIES



243 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 0.3 cup butter softened
- ☐ 3 cups confectioners' sugar
- ☐ 5 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 1.5 tablespoons milk
- ☐ 1 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract
- ☐ 2.5 cups warm water (110 degrees F/45 degrees C)

- ☐ 0.8 cup sugar white
- ☐ 9 ounce duncan hines classic decadent cake mix yellow

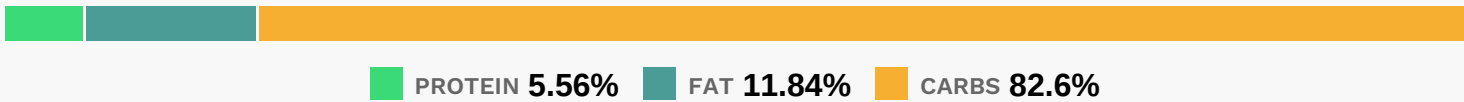
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a large bowl, dissolve yeast in warm water.
- ☐ Let stand until creamy, about 10 minutes.
- ☐ In a large bowl, combine the yeast mixture with the cake mix, salt and vanilla; stir well to combine. Stir in the flour; beat well. Cover bowl and let rise in a warm place for 1 hour.
- ☐ Deflate dough and turn it out onto a well floured surface.
- ☐ Roll dough out into a rectangle and spread with butter.
- ☐ Sprinkle with cinnamon and sugar.
- ☐ Roll up dough and cut into 3/4 inch thick rolls.
- ☐ Place rolls in two lightly greased 9x13 inch baking pans. Cover and let rise until doubled, about 45 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bake rolls in preheated oven for 15 to 20 minutes. While rolls are baking, prepare the frosting. In a medium bowl, stir together confectioners' sugar, 1/3 cup butter, vanilla and milk.
- ☐ Let rolls cool slightly then spread with frosting.

Nutrition Facts



Properties

Glycemic Index:9.92, Glycemic Load:18.76, Inflammation Score:-2, Nutrition Score:5.2365217812197%

Nutrients (% of daily need)

Calories: 242.55kcal (12.13%), Fat: 3.2g (4.93%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 50.28g (16.76%), Net Carbohydrates: 49.21g (17.89%), Sugar: 25.66g (28.51%), Cholesterol: 6.89mg (2.3%), Sodium: 197.37mg (8.58%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 3.39g (6.77%), Vitamin B1: 0.29mg (19.65%), Folate: 68.81µg (17.2%), Selenium: 9.38µg (13.39%), Manganese: 0.23mg (11.53%), Vitamin B2: 0.18mg (10.8%), Vitamin B3: 2.03mg (10.13%), Iron: 1.47mg (8.17%), Phosphorus: 66.67mg (6.67%), Fiber: 1.08g (4.31%), Calcium: 31.13mg (3.11%), Copper: 0.05mg (2.7%), Vitamin B5: 0.24mg (2.4%), Magnesium: 7.67mg (1.92%), Zinc: 0.27mg (1.82%), Vitamin A: 80.8IU (1.62%), Vitamin B6: 0.03mg (1.47%), Vitamin E: 0.19mg (1.27%), Potassium: 42.2mg (1.21%)