



SNACK DELIGHTS Mini Cinnamon Rolls

 Dairy Free

READY IN



29 min.

SERVINGS



6

CALORIES



252 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup philadelphia snack delights cinnamon divided ()
- 0.3 cup golden raisins
- 0.3 cup planters pecans chopped
- 8 oz crescent dinner rolls refrigerated

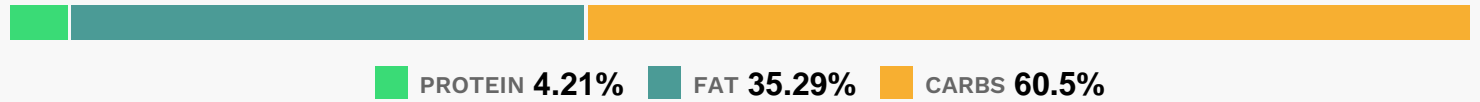
Equipment

- baking sheet
- oven

Directions

- Heat oven to 375F.
- Unroll crescent dough; separate into 4 rectangles.
- Spread 2 Tbsp. SNACK DELIGHTS onto each rectangle; sprinkle with nuts and raisins.
- Roll up each rectangle, starting at one short end; cut into 3 pieces.
- Place, 2 inches apart, on baking sheet.
- Bake 12 to 14 min. or until golden brown.
- Spread with remaining SNACK DELIGHTS.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.94, Glycemic Load:3.01, Inflammation Score:-2, Nutrition Score:11.900000022805%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 252.09kcal (12.6%), Fat: 11.49g (17.68%), Saturated Fat: 3.77g (23.55%), Carbohydrates: 44.33g (14.78%), Net Carbohydrates: 27.99g (10.18%), Sugar: 8.16g (9.07%), Cholesterol: 0mg (0%), Sodium: 300.41mg (13.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.17%), Manganese: 5.37mg (268.48%), Fiber: 16.34g (65.36%), Calcium: 302.42mg (30.24%), Iron: 3.15mg (17.5%), Vitamin K: 9.58µg (9.13%), Copper: 0.17mg (8.58%), Magnesium: 24.85mg (6.21%), Potassium: 189.45mg (5.41%), Vitamin E: 0.75mg (5.01%), Zinc: 0.75mg (4.98%), Vitamin B6: 0.07mg (3.75%), Phosphorus: 37.3mg (3.73%), Vitamin B3: 0.51mg (2.56%), Vitamin B1: 0.03mg (2.28%), Vitamin A: 89.55IU (1.79%), Vitamin B2: 0.03mg (1.71%), Vitamin C: 1.36mg (1.65%), Selenium: 1.12µg (1.59%), Vitamin B5: 0.15mg (1.5%)