



Spiced Cinnamon Rolls with Maple Glaze

 Vegetarian

READY IN



145 min.

SERVINGS



16

CALORIES



212 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 cups bread flour
- ☐ 0.5 cup brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons butter melted
- ☐ 1 tablespoon canola oil
- ☐ 1 Dash ground cloves
- ☐ 1 cup delicata squash cooked mashed (1 [1-pound] squash)
- ☐ 2.3 teaspoons yeast dry

- ☐ 6.5 ounces flour all-purpose divided ()
- ☐ 1 tablespoon granulated sugar
- ☐ 1.5 teaspoons ground cinnamon divided
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 tablespoon half-and-half
- ☐ 0.5 cup brown sugar light
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 3 tablespoons walnuts toasted finely chopped
- ☐ 0.3 cup water
- ☐ 1 cup warm water (100° to 110°)
- ☐ 2 teaspoons water

Equipment

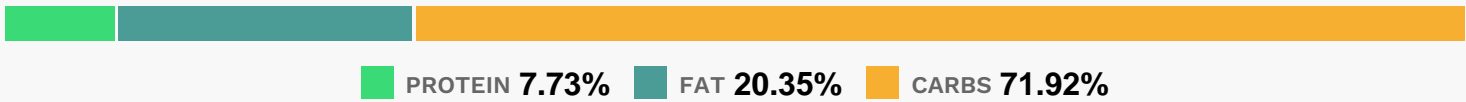
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ To prepare rolls, combine the first 3 ingredients in a small bowl, and let stand for 10 minutes.
- ☐ Weigh or lightly spoon bread flour and 63 ounces (about 1 1/4 cups) all-purpose flour into dry measuring cups; level with a knife.
- ☐ Combine bread flour, 63 ounces all-purpose flour, salt, 1/2 teaspoon cinnamon, nutmeg, and cloves in a large bowl, stirring with a whisk.

- ☐ Add yeast mixture, squash, and oil, and stir just until moist. Turn dough out onto a lightly floured surface, and knead until smooth and elastic (about 6 minutes), adding enough of the remaining all-purpose flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, for 45 minutes or until doubled in size. (Gently press two fingers into dough. If the indentation remains, dough has risen enough.) Punch dough down; cover and let rest for 5 minutes. Turn the dough out onto a lightly floured surface, and roll dough into a 20 x 12-inch rectangle.
- ☐ Combine the remaining 1 teaspoon cinnamon, brown sugar, 2 tablespoons melted butter, and 2 teaspoons water in a small bowl; spread mixture evenly over dough, leaving a 1/4-inch border.
- ☐ Sprinkle evenly with nuts.
- ☐ Roll the dough, jelly-roll fashion, starting with long side.
- ☐ Cut roll crosswise into 16 equal slices. Arrange rolls, cut sides up, in a 13 x 9-inch glass or ceramic baking dish coated with cooking spray. Cover and let rise for 30 minutes or until doubled in size.
- ☐ Preheat oven to 37
- ☐ Bake at 375 for 33 minutes or until brown. Cool 5 minutes on a wire rack.
- ☐ To prepare glaze, combine 1/3 cup water and maple sugar in a small saucepan over medium-high heat; bring to a boil. Reduce heat to medium; simmer 5 minutes, stirring occasionally.
- ☐ Remove from heat; stir in 1 tablespoon butter, half-and-half, and vanilla. Cool 5 minutes; drizzle over rolls.

Nutrition Facts



Properties

Glycemic Index:25.44, Glycemic Load:16.07, Inflammation Score:-3, Nutrition Score:4.9013044464847%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 212.47kcal (10.62%), Fat: 4.84g (7.44%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 38.47g (12.82%),
Net Carbohydrates: 37.22g (13.53%), Sugar: 14.46g (16.06%), Cholesterol: 5.97mg (1.99%), Sodium: 169.05mg
(7.35%), Alcohol: 0.04g (100%), Alcohol %: 0.07% (100%), Protein: 4.14g (8.27%), Manganese: 0.39mg (19.54%),
Selenium: 12.03µg (17.19%), Vitamin B1: 0.16mg (10.87%), Folate: 41.53µg (10.38%), Vitamin B2: 0.1mg (5.67%),
Vitamin B3: 1.13mg (5.63%), Iron: 0.94mg (5.21%), Fiber: 1.26g (5.03%), Copper: 0.1mg (5.01%), Phosphorus: 44.6mg
(4.46%), Magnesium: 13.56mg (3.39%), Vitamin A: 169.48IU (3.39%), Potassium: 91.56mg (2.62%), Zinc: 0.37mg
(2.48%), Calcium: 24.75mg (2.47%), Vitamin B5: 0.24mg (2.44%), Vitamin B6: 0.05mg (2.35%), Vitamin E: 0.33mg
(2.22%), Vitamin K: 1.19µg (1.14%), Vitamin C: 0.93mg (1.13%)