



Sweet Potato Cinnamon Rolls By Hand

READY IN



30 min.

SERVINGS



30

CALORIES



123 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 oz active yeast dry
- 1 teaspoon baking soda
- 30 servings glaze
- 0.3 cup butter melted
- 1 cup buttermilk
- 1 eggs lightly beaten
- 5.5 cups flour all-purpose
- 0.5 cup domino granulated sugar
- 1 teaspoon domino granulated sugar

- 2 tablespoons orange rind grated
- 1.5 teaspoons salt
- 1 cup sweet potatoes mashed
- 0.5 cup warm water (100° to 110°)

Equipment

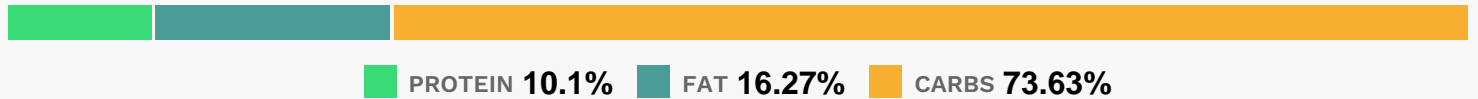
- bowl
- frying pan
- baking sheet
- oven
- mixing bowl
- plastic wrap
- baking pan
- aluminum foil
- measuring cup

Directions

- Stir together yeast, 1/2 cup warm water (100 to 110), and 1 tsp. sugar in a 1-cup glass measuring cup; let stand 5 minutes.
- Combine yeast mixture and 1/2 cup flour in a mixing bowl; stir vigorously until mixture is well blended. Gradually add mashed sweet potatoes, next 7 ingredients, and 4 1/2 cups flour, stirring until well blended after each addition.
- Turn dough out onto a well-floured surface, and knead in remaining 1/2 cup flour. Continue to knead until smooth and elastic (about 4 to 5 minutes).
- Place dough in a large bowl coated with cooking spray. Cover with plastic wrap, and let rise in a warm place (85), free from drafts, 1 hour to 1 hour and 30 minutes or until doubled in bulk.
- Punch dough down. Turn dough out onto a well-floured surface, and roll into a 10- x 18-inch rectangle.
- Spread evenly with Filling, leaving a 1-inch border.
- Roll up dough, jelly-roll fashion, starting at 1 long side.

- Cut into 12 (1 1/2-inch) slices, and arrange in a lightly greased 13- x 9-inch baking pan. Cover with plastic wrap, and let rise in a warm place (85), free from drafts, 30 minutes.
- Bake rolls at 400 for 10 minutes.
- Remove rolls from oven; drizzle about 1/2 cup Glaze slowly over rolls, starting at 1 edge of pan and drizzling in a circular pattern; let glaze soak in. Repeat procedure with remaining Glaze.
- Bake rolls 7 to 10 more minutes or until lightly browned and a wooden pick inserted in center comes out clean.
- Remove rolls from oven, and invert onto an aluminum foil-lined baking sheet. Invert again, glaze side up, onto a serving platter.
- Let cool 20 to 30 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.81, Glycemic Load:15.63, Inflammation Score:-5, Nutrition Score:4.8956521490346%

Nutrients (% of daily need)

Calories: 123.12kcal (6.16%), Fat: 2.21g (3.4%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 22.53g (7.51%), Net Carbohydrates: 21.61g (7.86%), Sugar: 4.1g (4.56%), Cholesterol: 10.4mg (3.47%), Sodium: 178.78mg (7.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Vitamin B1: 0.24mg (16.02%), Vitamin A: 699.03IU (13.98%), Folate: 54.75µg (13.69%), Selenium: 8.62µg (12.32%), Vitamin B2: 0.16mg (9.23%), Manganese: 0.17mg (8.52%), Vitamin B3: 1.58mg (7.9%), Iron: 1.13mg (6.31%), Phosphorus: 40.09mg (4.01%), Fiber: 0.92g (3.69%), Vitamin B5: 0.26mg (2.57%), Copper: 0.05mg (2.31%), Magnesium: 7.55mg (1.89%), Zinc: 0.26mg (1.76%), Potassium: 58.19mg (1.66%), Vitamin B6: 0.03mg (1.63%), Calcium: 16.25mg (1.63%)