



Tiny Cinnamon Rolls

READY IN



45 min.

SERVINGS



20

CALORIES



49 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon ground cinnamon
- 1 teaspoon milk
- 0.3 cup powdered sugar sifted
- 8 ounce regular crescent rolls refrigerated canned
- 1.5 teaspoons sugar
- 1 drop vanilla extract

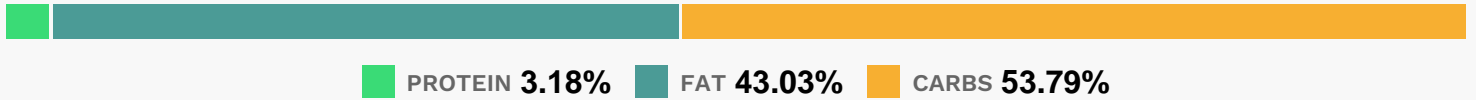
Equipment

- oven

Directions

- Unroll crescent roll dough, and separate into 4 rectangles; pinch seams to seal.
- Stir together sugar and cinnamon; sprinkle evenly over rectangles.
- Roll up, jellyroll fashion, starting with a long side; press edges to seal.
- Cut each log into 5 slices, and place in a lightly greased 8-inch round cakepan.
- Bake at 350 for 12 minutes.
- Combine powdered sugar, milk, and vanilla, stirring until smooth; drizzle over warm cinnamon rolls.

Nutrition Facts



Properties

Glycemic Index:5.65, Glycemic Load:0.21, Inflammation Score:1, Nutrition Score:0.0756521731939%

Nutrients (% of daily need)

Calories: 48.91kcal (2.45%), Fat: 2.45g (3.77%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 6.86g (2.49%), Sugar: 3.4g (3.78%), Cholesterol: 0.03mg (0.01%), Sodium: 89.16mg (3.88%), Alcohol: 0g (100%), Alcohol %: 0.02% (100%), Protein: 0.41g (0.81%)