



Triple-Play Cinnamon Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.7 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 2 tablespoons butter melted
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large eggs lightly beaten
- ☐ 3.5 cups flour all-purpose divided
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon ground cinnamon

- ☐ 2 tablespoons milk 1% low-fat
- ☐ 0.5 cup warm milk 1% low-fat (100° to 110°)
- ☐ 1 cup powdered sugar
- ☐ 0.8 cup raisins
- ☐ 0.8 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup warm water (100° to 110°)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ measuring cup

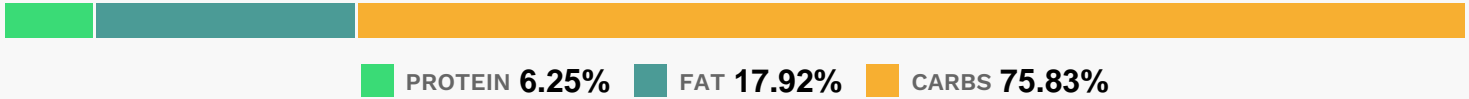
Directions

- ☐ To prepare dough, dissolve yeast in warm water in a large bowl; let stand 5 minutes.
- ☐ Add 1/2 cup warm milk, granulated sugar, 1/4 cup butter, 1 teaspoon vanilla, salt, and egg; stir with a wooden spoon until combined (batter will not be completely smooth).
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 3 cups flour to yeast mixture; stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel slightly tacky).
- ☐ Place dough in a large bowl coated with cooking spray; turn to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough.

If indentation remains, dough has risen enough.)

- ☐ To prepare filling, combine raisins, brown sugar, and cinnamon.
- ☐ Roll dough into a 15 x 10-inch rectangle; brush with 2 tablespoons melted butter.
- ☐ Sprinkle filling over dough, leaving a 1/2-inch border. Beginning with a long side, roll up dough jelly-roll fashion; pinch seam to seal (do not seal ends of roll). Wrap roll in plastic wrap; chill for 20 minutes.
- ☐ Unwrap roll, and cut into 20 (1/2-inch) slices. Arrange slices, cut sides up, 1 inch apart on a jelly roll pan coated with cooking spray. Cover and let rise in a warm place (8
- ☐ free from drafts, 1 hour and 15 minutes or until doubled in size.
- ☐ Preheat oven to 35
- ☐ Uncover dough.
- ☐ Bake at 350 for 20 minutes or until rolls are golden brown.
- ☐ To prepare glaze, combine powdered sugar, 2 tablespoons milk, and 1/2 teaspoon vanilla, stirring well with a whisk.
- ☐ Drizzle glaze over warm rolls.

Nutrition Facts



Properties

Glycemic Index:15.44, Glycemic Load:16.7, Inflammation Score:-3, Nutrition Score:4.7160869201888%

Nutrients (% of daily need)

Calories: 199.89kcal (9.99%), Fat: 4.03g (6.2%), Saturated Fat: 2.35g (14.67%), Carbohydrates: 38.37g (12.79%), Net Carbohydrates: 37.1g (13.49%), Sugar: 16.79g (18.66%), Cholesterol: 18.78mg (6.26%), Sodium: 125.45mg (5.45%), Alcohol: 0.1g (100%), Alcohol %: 0.21% (100%), Protein: 3.16g (6.33%), Vitamin B1: 0.22mg (14.79%), Folate: 49.93µg (12.48%), Selenium: 8.6µg (12.28%), Manganese: 0.24mg (12.08%), Vitamin B2: 0.16mg (9.26%), Vitamin B3: 1.52mg (7.6%), Iron: 1.3mg (7.22%), Fiber: 1.27g (5.07%), Phosphorus: 44.09mg (4.41%), Copper: 0.06mg (2.88%), Potassium: 99.97mg (2.86%), Calcium: 27.01mg (2.7%), Vitamin A: 135.08IU (2.7%), Vitamin B5: 0.23mg (2.26%), Magnesium: 8.87mg (2.22%), Vitamin B6: 0.04mg (1.88%), Zinc: 0.27mg (1.8%), Vitamin B12: 0.07µg (1.25%)