

Walnut Cinnamon Rolls

READY IN



45 min.

SERVINGS



20

CALORIES



151 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 pound bread dough frozen thawed
- 0.7 cup brown sugar packed
- 2 tablespoons butter melted
- 0.7 cup powdered sugar
- 1 teaspoon ground cinnamon
- 0.5 cup cup heavy whipping cream
- 1 tablespoon milk
- 0.5 cup walnut pieces chopped

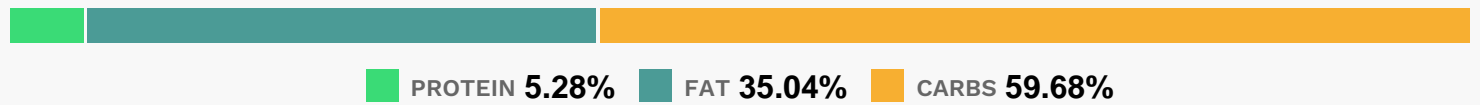
Equipment

- bowl
- oven
- baking pan

Directions

- Roll dough into a 20-in. x 6-in. rectangle.
- Brush with butter.
- Combine the brown sugar, walnuts and cinnamon; sprinkle over dough.
- Roll up jelly-roll style, starting with a long side.
- Cut into 20 slices, 1 in. thick.
- Place in a greased 13-in. x 9-in. baking pan. Cover and let rise in a warm place until doubled, about 45 minutes.
- Drizzle with cream.
- Bake at 350° for 25–30 minutes or until golden brown. Invert onto a serving platter. In a small bowl, combine the confectioners' sugar and milk; drizzle over rolls.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.65, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.2239130482725%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

Nutrients (% of daily need)

Calories: 151.3kcal (7.56%), Fat: 5.88g (9.05%), Saturated Fat: 2.28g (14.26%), Carbohydrates: 22.54g (7.51%), Net Carbohydrates: 21.85g (7.94%), Sugar: 11.31g (12.57%), Cholesterol: 9.82mg (3.27%), Sodium: 119.76mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.99%), Manganese: 0.12mg (6.11%), Fiber: 0.69g (2.77%),

Copper: 0.05mg (2.56%), Vitamin A: 124.55IU (2.49%), Calcium: 15.18mg (1.52%), Phosphorus: 15.02mg (1.5%),
Magnesium: 5.88mg (1.47%), Vitamin B6: 0.02mg (1.07%), Vitamin B2: 0.02mg (1.05%)