



## Whole Wheat Cinnamon Rolls

 Vegetarian

READY IN



176 min.

SERVINGS



16

CALORIES



209 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup butter softened
- 3.3 teaspoons yeast dry
- 1 large eggs
- 1 large egg whites
- 5 teaspoons skim milk fat-free
- 2.5 cups flour all-purpose divided
- 1.5 tablespoons ground cinnamon

- 0.1 teaspoon nutmeg
- 0.3 cup honey
- 1.5 teaspoons juice of lemon fresh
- 0.8 cup skim milk fat-free (100° to 110°)
- 0.8 cup powdered sugar sifted
- 0.3 cup raisins
- 0.5 teaspoon salt
- 0.8 teaspoon vanilla extract
- 0.3 cup water (100° to 110°)
- 1.5 cups flour whole-wheat

## Equipment

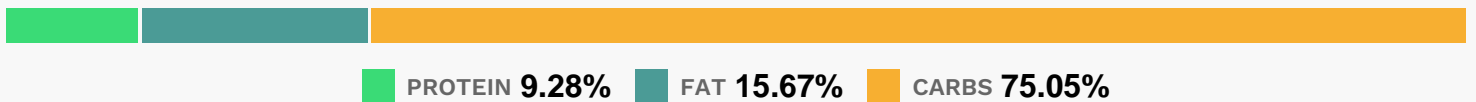
- bowl
- frying pan
- oven
- knife
- wire rack
- baking pan
- measuring cup

## Directions

- To prepare dough, dissolve yeast in warm milk and 1/4 cup warm water in a large bowl; let stand 5 minutes or until foamy.
- Add butter and next 5 ingredients (through egg white); stir well. Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- Add 2 cups all-purpose flour and whole wheat flour, stirring until a soft dough forms. Turn dough out onto a floured surface.
- Knead until smooth and elastic (about 8 minutes); add enough of remaining 1/2 cup all-purpose flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).

- 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, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; roll into a 16 x 12-inch rectangle on a floured surface. Coat surface of dough with cooking spray.
- To prepare filling, combine brown sugar, cinnamon, and nutmeg; sprinkle over dough, leaving a 1/2-inch border.
- Sprinkle raisins over dough, pressing gently into dough.
- Roll up rectangle tightly, starting with a long edge, pressing firmly to eliminate air pockets; pinch seam to seal.
- Cut the dough into 16 rolls.
- Place the rolls, cut sides up, in a 13 x 9-inch baking pan coated with cooking spray. Cover and let rise 45 minutes or until doubled in size.
- Preheat oven to 37
- Uncover rolls.
- Bake at 375 for 22 minutes or until lightly browned. Cool in pan on a wire rack.
- To prepare glaze, place powdered sugar and vanilla in a small bowl.
- Add 5 teaspoons milk, 1 teaspoon at a time, stirring to form a thick glaze.
- Drizzle glaze evenly over rolls.

## Nutrition Facts



## Properties

Glycemic Index:23.6, Glycemic Load:14.56, Inflammation Score:-4, Nutrition Score:7.8917389952618%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 209.37kcal (10.47%), Fat: 3.74g (5.76%), Saturated Fat: 2.02g (12.65%), Carbohydrates: 40.33g (13.44%), Net Carbohydrates: 37.81g (13.75%), Sugar: 14.03g (15.59%), Cholesterol: 19.64mg (6.55%), Sodium: 112.04mg

(4.87%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 4.98g (9.97%), Manganese: 0.74mg (37.05%), Selenium: 15.45µg (22.07%), Vitamin B1: 0.29mg (19.46%), Folate: 57.78µg (14.44%), Vitamin B2: 0.19mg (11.24%), Vitamin B3: 2.04mg (10.21%), Fiber: 2.52g (10.08%), Phosphorus: 89.77mg (8.98%), Iron: 1.57mg (8.75%), Magnesium: 24.18mg (6.04%), Copper: 0.1mg (4.83%), Vitamin B6: 0.09mg (4.34%), Zinc: 0.62mg (4.11%), Calcium: 38.73mg (3.87%), Potassium: 134.51mg (3.84%), Vitamin B5: 0.35mg (3.54%), Vitamin A: 135.4IU (2.71%), Vitamin B12: 0.11µg (1.86%), Vitamin E: 0.22mg (1.5%), Vitamin D: 0.21µg (1.37%)