



Yukon Gold Cinnamon Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



476 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 ounce yeast dry (scant 2 tablespoons)
- ☐ 12 servings flour
- ☐ 0.1 teaspoon kosher salt
- ☐ 3 large eggs
- ☐ 1.3 cups brown sugar packed ()
- ☐ 2.5 tablespoons ground cinnamon
- ☐ 2 cups powdered sugar
- ☐ 2 tablespoons sugar

- ☐ 4.5 cups unbleached all purpose flour ()
- ☐ 3 tablespoons unbleached flour
- ☐ 0.3 cup butter unsalted melted ()
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water (105°F to 115°F)
- ☐ 2 tablespoons milk whole ()
- ☐ 1 pound yukon gold potatoes peeled cut into 2-inch pieces

Equipment

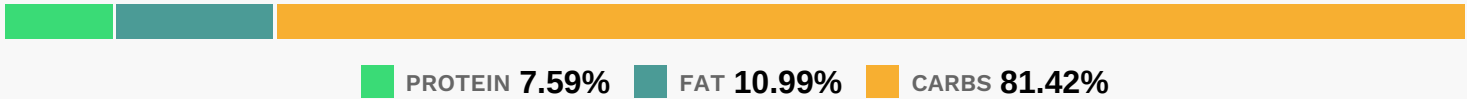
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ stand mixer
- ☐ kitchen towels

Directions

- ☐ Combine potatoes, 2 cups water, and 1 tablespoon coarse salt in large saucepan. Boil until potatoes are very tender, 15 to 18 minutes. Mash potatoes with water in pan (do not drain water).
- ☐ Add butter and mash until butter is melted.
- ☐ Whisk in eggs, then 1 cup flour; mash until very smooth.
- ☐ Let potatoes stand until barely lukewarm, about 10 minutes.
- ☐ Meanwhile, pour 1/2 cup warm water into large bowl of stand mixer fitted with paddle attachment; stir in yeast and sugar.
- ☐ Let stand until foamy, about 10 minutes.

- ☐ Add potato mixture to yeast mixture; mix on low speed until well blended, 2 minutes.
- ☐ Mix in 3 cups flour, 1 cup at a time, beating well. Beat until sticky dough forms.
- ☐ Spread 1/2 cup flour on work surface. Scrape dough out onto floured work surface. Knead until dough is smooth and elastic, adding more flour by tablespoonfuls if dough is very sticky, about 8 minutes.
- ☐ Coat large bowl with butter.
- ☐ Transfer dough to bowl and turn to coat. Cover bowl with plastic wrap, then kitchen towel.
- ☐ Let dough rise in warm draft-free area until doubled in volume, about 1 hour.
- ☐ Mix brown sugar, cinnamon, and flour in medium bowl. Using fork, mix in butter.
- ☐ Position rack in center of oven and preheat to 425°F. Line large rimmed baking sheet with parchment. Turn dough out onto well-floured work surface.
- ☐ Roll out dough to 24x16-inch rectangle.
- ☐ Sprinkle filling evenly over dough. Starting at 1 long side, roll up dough jelly-roll style, enclosing filling. Using large knife dipped in flour, cut roll crosswise into 12 pieces.
- ☐ Transfer rolls to baking sheet, spacing rolls about 3/4 inch apart. Cover baking sheet loosely with plastic wrap.
- ☐ Let rise in warm draft-free area until almost doubled in volume, about 20 minutes (rolls will be very puffy).
- ☐ Bake cinnamon rolls until golden, about 20 minutes. Cool rolls 10 minutes on baking sheet.
- ☐ Whisk powdered sugar, melted butter, 2 tablespoons milk, vanilla, and coarse salt in small bowl. If glaze is too thick to spread, add more milk by 1/2 teaspoonfuls as needed.
- ☐ Spread glaze over warm rolls.

Nutrition Facts



Properties

Glycemic Index:28.24, Glycemic Load:11.32, Inflammation Score:-5, Nutrition Score:14.057391436204%

Flavonoids

Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 476.31kcal (23.82%), Fat: 5.86g (9.02%), Saturated Fat: 2.99g (18.68%), Carbohydrates: 97.71g (32.57%), Net Carbohydrates: 94.01g (34.18%), Sugar: 45.96g (51.07%), Cholesterol: 56.97mg (18.99%), Sodium: 55.69mg (2.42%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 9.11g (18.23%), Vitamin B1: 0.66mg (44.04%), Folate: 154µg (38.5%), Manganese: 0.76mg (38.06%), Selenium: 23.84µg (34.06%), Vitamin B2: 0.42mg (24.71%), Vitamin B3: 4.4mg (22.02%), Iron: 3.42mg (18.99%), Fiber: 3.71g (14.83%), Phosphorus: 123.85mg (12.39%), Vitamin B6: 0.2mg (9.92%), Vitamin C: 7.52mg (9.11%), Potassium: 298.88mg (8.54%), Vitamin B5: 0.84mg (8.42%), Copper: 0.16mg (8.03%), Magnesium: 27.32mg (6.83%), Calcium: 62.27mg (6.23%), Zinc: 0.86mg (5.76%), Vitamin A: 196.38IU (3.93%), Vitamin E: 0.4mg (2.7%), Vitamin D: 0.35µg (2.32%), Vitamin B12: 0.13µg (2.23%), Vitamin K: 1.79µg (1.7%)