



Yummy No-Bake Cinnamon Rolls for Kids

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



123 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons cinnamon sugar
- ☐ 2 tablespoons confectioners' sugar
- ☐ 0.1 teaspoon water or as needed
- ☐ 2 slices bread white

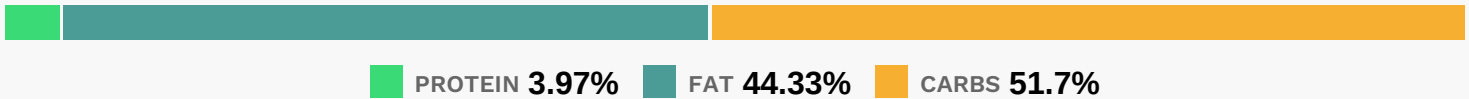
Equipment

- ☐ bowl

Directions

- ☐
- Roll the bread slices until very flat. Butter the bread, and sprinkle with cinnamon sugar.
Starting on one side, roll up the bread slice until tight. Repeat with the second bread slice.
- ☐
- Cut the bread rolls into 1 inch slices.
- ☐
- Mix the confectioners' sugar with the water in a small bowl to make a thin frosting.
- ☐
- Drizzle frosting over the bread slices, and serve.

Nutrition Facts



Properties

Glycemic Index:48.72, Glycemic Load:8.57, Inflammation Score:-1, Nutrition Score:1.6734782476788%

Nutrients (% of daily need)

Calories: 122.6kcal (6.13%), Fat: 6.14g (9.45%), Saturated Fat: 3.7g (23.13%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 15.83g (5.76%), Sugar: 10.57g (11.75%), Cholesterol: 15.05mg (5.02%), Sodium: 104.78mg (4.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Selenium: 3.03µg (4.33%), Vitamin B1: 0.06mg (4.25%), Manganese: 0.07mg (3.72%), Folate: 14.09µg (3.52%), Vitamin A: 175.05IU (3.5%), Vitamin B3: 0.6mg (2.99%), Calcium: 28.16mg (2.82%), Iron: 0.43mg (2.37%), Vitamin B2: 0.03mg (2.02%), Phosphorus: 15.81mg (1.58%), Vitamin E: 0.19mg (1.27%), Fiber: 0.29g (1.15%)