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Cinnamon Rolls

Cinnamon rolls are a sweet pastry commonly served for breakfast or brunch. They are made with a soft, yeasted dough that is rolled out, spread with a cinnamon-sugar filling, and then rolled up into a log shape. The log is sliced into individual rolls, which are then baked until golden brown and topped with a sweet glaze. Cinnamon rolls are a popular treat during the holiday season and are often enjoyed with a cup of coffee or tea.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 20 mins

Total Time: 50 mins

Recipe Yield: 600 grams

Number of Servings: 12

Serving Size: 50 g

Ingredients

500 g	All-Purpose Flour
7 g	Yeast
50 g	Sugar
5 g	Salt

50 g	Butter
250 ml	Milk
1 quantity	Egg
20 g	Cinnamon
100 g	Brown Sugar
100 g	Powdered Sugar
1 tsp	Vanilla Extract
30 ml	Water

Directions

Step 1

Mixing

In a mixing bowl, combine flour, yeast, sugar, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Melt butter in a saucepan, then add milk. Heat until warm.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Mixing

Add the warm milk mixture and egg to the dry ingredients. Mix until a dough forms.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Resting

Knead the dough on a floured surface for 5 minutes, then let it rest for 10 minutes.

Prep Time: 15 mins

Cook Time: 0 mins

Step 5

Rolling

Roll out the dough into a rectangle shape.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Sprinkling

Spread cinnamon and brown sugar evenly over the dough.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Rolling

Roll up the dough tightly from the long side.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Cutting

Cut the rolled dough into 12 equal slices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 9

Resting

Place the slices in a greased baking dish and let them rise for 30 minutes.

Prep Time: 30 mins

Cook Time: 0 mins

Step 10

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 11

Oven

Bake the cinnamon rolls for 20 minutes or until golden brown.

Prep Time: 0 mins

Cook Time: 20 mins

Step 12

Mixing

In a small bowl, mix powdered sugar, vanilla extract, and water to make the glaze.

Prep Time: 5 mins

Cook Time: 0 mins

Step 13

Drizzling

Drizzle the glaze over the warm cinnamon rolls.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	100 mg	2.94%	3.85%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas

Easter

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Mixer

Oven

Difficulty Level

Easy

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