

Cherry Cinnamon Rolls

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2 loaves frozen bread dough, thawed and risen

4 tablespoons butter, melted

1/2 cup sugar

4 teaspoons cinnamon

1 can Oregon Fruit dark sweet cherries, drained and cut into fourths

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2 cups powdered sugar

4 tablespoons milk

2 tablespoons butter, melted

1/2 teaspoon vanilla extract

Preheat the oven to 350 degrees.

Roll each loaf into a 10x13-inch rectangle.

Brush with melted butter. Sprinkle evenly with sugar, cinnamon and cherries.

Starting on the short side, roll the dough up. Cut each roll crosswise into six slices. Place the slices on a baking sheet sprayed with cooking spray. Cover with plastic wrap and allow to rise until double in size.

Remove the wrap. Bake for 15 to 20 minutes.

Make the icing: Combine the powdered sugar, milk, butter and vanilla until smooth.

Ice while still warm.

Reserve the juice from the cherries and add to sparkling water for a refreshing mocktail.

Per Serving (excluding unknown items): 4540 Calories; 108g Fat (21.6% calories from fat); 94g Protein; 785g Carbohydrate; 41g Dietary Fiber; 195mg Cholesterol; 5823mg Sodium. Exchanges: 4 Grain(Starch); 0 Non-Fat Milk; 15 Fat; 23 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	4540	Vitamin B6 (mg):	trace
% Calories from Fat:	21.6%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	70.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	108g	Folacin (mcg):	8mcg
Saturated Fat (g):	44g	Niacin (mg):	trace
Monounsaturated Fat (g):	21g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 3g
Cholesterol (mg): 195mg
Carbohydrate (g): 785g
Dietary Fiber (g): 41g
Protein (g): 94g
Sodium (mg): 5823mg
Potassium (mg): 167mg
Calcium (mg): 208mg
Iron (mg): 4mg
Zinc (mg): 1mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 2701IU
Vitamin A (r.e.): 669 1/2RE

Alcohol (kcal): 6
% Refuse: n n%

Food Exchanges

Grain (Starch): 4
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 15
Other Carbohydrates: 23

Nutrition Facts

Amount Per Serving

Calories 4540 **Calories from Fat:** 982

% Daily Values*

Total Fat 108g	166%
Saturated Fat 44g	222%
Cholesterol 195mg	65%
Sodium 5823mg	243%
Total Carbohydrates 785g	262%
Dietary Fiber 41g	165%
Protein 94g	
Vitamin A	54%
Vitamin C	5%
Calcium	21%
Iron	21%

* Percent Daily Values are based on a 2000 calorie diet.