

Almond Crescent Buns

READY IN



40 min.

SERVINGS



12

CALORIES



258 kcal

BREAD

Ingredients

- 0.4 teaspoon almond extract
- 0.3 cup almonds toasted chopped
- 0.5 cup brown sugar packed
- 2 tablespoons butter melted
- 0.5 cup powdered sugar
- 2 teaspoons flour all-purpose
- 0.3 cup butter softened
- 2 tablespoons milk
- 16 ounce regular crescent rolls refrigerated canned

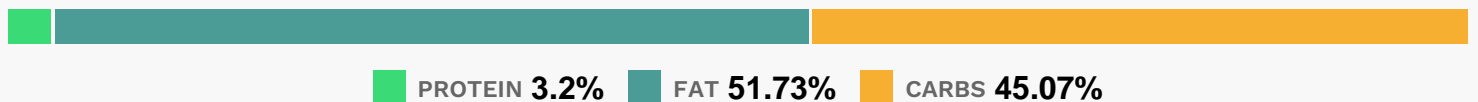
Equipment

- baking sheet
- oven
- wire rack
- muffin liners
- muffin tray

Directions

- Preheat oven to 375 degrees F (195 degrees C).
- Combine softened butter or margarine, brown sugar, flour, 1 tablespoon milk, and 1/8 teaspoon almond extract.
- Mix well. Spoon mixture into 12 ungreased muffin cups.
- Separate dough into 4 long rectangles. Firmly press perforations to seal.
- Combine melted butter and 1/8 teaspoon almond extract; brush on dough.
- Sprinkle with nuts, and roll dough up jellyroll fashion.
- Cut each roll of dough into 3 slices.
- Place in muffin cups.
- Place muffin pan on a baking sheet.
- Bake for 15 to 20 minutes, or until golden brown. When done, invert rolls immediately onto cooling rack.
- Combine confectioners' sugar, 1 tablespoon milk, and 1/8 teaspoon almond extract.
- Drizzle over hot rolls.

Nutrition Facts



Properties

Glycemic Index:14.42, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:1.608260848357%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 257.64kcal (12.88%), Fat: 15.4g (23.69%), Saturated Fat: 5.55g (34.7%), Carbohydrates: 30.18g (10.06%), Net Carbohydrates: 29.8g (10.83%), Sugar: 17.83g (19.81%), Cholesterol: 5.32mg (1.77%), Sodium: 359.99mg (15.65%), Alcohol: 0.04g (100%), Alcohol %: 0.08% (100%), Protein: 2.14g (4.29%), Vitamin E: 0.96mg (6.43%), Vitamin A: 231.55IU (4.63%), Manganese: 0.08mg (3.84%), Iron: 0.67mg (3.73%), Vitamin B2: 0.04mg (2.51%), Magnesium: 9.45mg (2.36%), Calcium: 20.79mg (2.08%), Phosphorus: 19.24mg (1.92%), Copper: 0.04mg (1.8%), Fiber: 0.38g (1.53%), Potassium: 40.97mg (1.17%)