



Apple, Bacon and Cheddar Sticky Buns

 Popular

READY IN



240 min.

SERVINGS



16

CALORIES



321 kcal

BREAD

Ingredients

- ☐ 1 tablespoon active yeast dry
- ☐ 2 sweetango apples cored peeled sliced
- ☐ 0.8 cups brown sugar
- ☐ 0.3 cup butter room temperature
- ☐ 1 teaspoon cinnamon
- ☐ 6 slices bacon crumbled cooked
- ☐ 2 tablespoons plus
- ☐ 2 eggs room temperature

- ☐ 3.3 cups flour
- ☐ 1 teaspoon salt
- ☐ 2 cups cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour room temperature
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts toasted coarsely chopped
- ☐ 0.3 cup water

Equipment

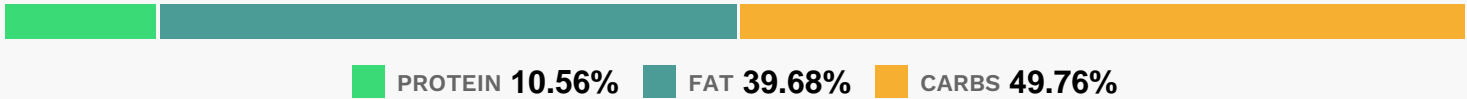
- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Mix the water, yeast and sugar into a large bowl and let it sit until it is foamy, about 10 minutes.
- ☐ Add the sugar, eggs, butter, sour cream, vanilla, salt and 2 cups of flour, mix for 2 minutes at medium or 200 strokes by hand and stir in enough of the remaining flour to make a soft dough.
- ☐ Place the dough onto a lightly floured surface and knead until smooth, about 5 minutes. The dough should feel soft and buttery and not sticky.
- ☐ Place the dough in a large greased bowl, cover with a damp towel and let rise until it has doubled in size, about 1 hour and 30 minutes. Punch the dough down, knead for 30 seconds, cover rest for 10 minutes.
- ☐ Roll out the dough on a floured surface into a 16" by 12" rectangle.
- ☐ Spread the butter onto the dough leaving 1 inch of one of the narrow edges free.
- ☐ Sprinkle the mixture of the brown sugar and the cinnamon onto the buttered part of the dough followed by the apple, cheddar and half of the bacon.

- ☐
- Roll the dough into a log starting with the buttered narrow end, pinch the seam to seal and cut into 16 even slices. Melt the butter, brown sugar and corn syrup in a pan at low heat, mix in the nuts and remaining bacon and pour the mixture into the bottom of the baking dish. Arrange the buns on top of the mixture, cover in plastic wrap and let rise until doubled in size, about 1 hour and 30 minutes.
- ☐
- Bake in a 350F preheated oven until golden brown, about 20–30 minutes.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:18.3, Inflammation Score:-4, Nutrition Score:8.2404347813648%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 320.69kcal (16.03%), Fat: 14.32g (22.03%), Saturated Fat: 6.67g (41.71%), Carbohydrates: 40.4g (13.47%), Net Carbohydrates: 38.79g (14.11%), Sugar: 19.15g (21.28%), Cholesterol: 51.96mg (17.32%), Sodium: 334.36mg (14.54%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 8.57g (17.15%), Selenium: 16.5µg (23.57%), Vitamin B1: 0.27mg (17.97%), Manganese: 0.34mg (17.03%), Folate: 62.82µg (15.7%), Vitamin B2: 0.26mg (15.06%), Phosphorus: 138.49mg (13.85%), Calcium: 130.94mg (13.09%), Vitamin B3: 2.01mg (10.05%), Iron: 1.56mg (8.65%), Zinc: 1.05mg (6.98%), Vitamin A: 348.69IU (6.97%), Fiber: 1.61g (6.44%), Copper: 0.12mg (6.07%), Magnesium: 19.95mg (4.99%), Vitamin B6: 0.09mg (4.33%), Vitamin B12: 0.25µg (4.24%), Vitamin B5: 0.4mg (3.99%), Potassium: 128.34mg (3.67%), Vitamin E: 0.4mg (2.65%), Vitamin K: 1.51µg (1.44%), Vitamin C: 1.16mg (1.41%), Vitamin D: 0.21µg (1.38%)