



Apple-Cinnamon Sticky Rolls

 Vegetarian

READY IN



90 min.

SERVINGS



20

CALORIES



296 kcal

Ingredients

- ☐ 1 cup apple juice
- ☐ 0.5 cup firmly brown sugar dark packed
- ☐ 3 tablespoons butter melted
- ☐ 3 cups granny smith apples peeled chopped
- ☐ 1 teaspoon ground cinnamon
- ☐ 20 servings maple glaze
- ☐ 0.5 cup pecans toasted chopped
- ☐ 20 servings sticky bun syrup
- ☐ 16 oz roll mix hot

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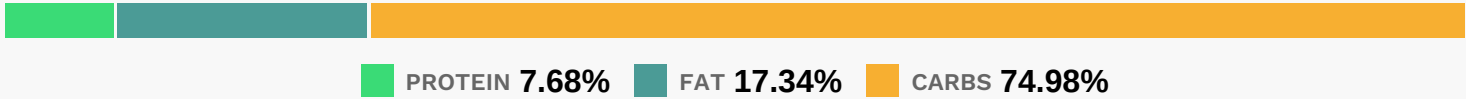
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ microwave
- ☐ serrated knife

Directions

- ☐ Place apples in a small microwave-safe bowl, and pour apple juice over apples. Cover tightly with heavy-duty plastic wrap; fold back a small corner to allow steam to escape. Microwave at HIGH 5 minutes or until tender.
- ☐ Drain and cool 15 minutes.
- ☐ Lightly grease 2 (8-inch) round or square cake pans or skillets. Spoon Sticky Bun Syrup into pans.
- ☐ Prepare hot roll dough as directed on back of package; let dough stand 5 minutes.
- ☐ Roll dough into an 18- x 10-inch rectangle.
- ☐ Spread with melted butter. Stir together brown sugar and cinnamon; sprinkle over butter.
- ☐ Sprinkle apples over brown sugar mixture.
- ☐ Roll dough up tightly, starting at 1 long end; cut into 16 slices using a serrated knife.
- ☐ Place 1 slice in center of each prepared pan.
- ☐ Place 7 slices around center roll in each pan.
- ☐ Cover pans loosely with plastic wrap; let rise in a warm place (85), free from drafts, 30 to 45 minutes or until doubled in bulk.
- ☐ Preheat oven to 35
- ☐ Uncover rolls, and bake 15 to 20 minutes or until golden brown and done. Cool in pans on a wire rack 5 minutes. Prepare Maple Glaze, and brush over rolls. Top with toasted pecans.

Nutrition Facts



Properties

Glycemic Index:12.36, Glycemic Load:29.14, Inflammation Score:-1, Nutrition Score:5.9065217503711%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 296kcal (14.8%), Fat: 5.74g (8.82%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 55.8g (18.6%), Net Carbohydrates: 53.97g (19.63%), Sugar: 24.89g (27.66%), Cholesterol: 4.51mg (1.51%), Sodium: 310.06mg (13.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.43%), Iron: 10.82mg (60.11%), Manganese: 0.61mg (30.4%), Vitamin B2: 0.26mg (15.59%), Fiber: 1.83g (7.32%), Calcium: 38.11mg (3.81%), Potassium: 95.98mg (2.74%), Vitamin B1: 0.04mg (2.36%), Magnesium: 9.35mg (2.34%), Copper: 0.04mg (1.96%), Zinc: 0.27mg (1.78%), Vitamin A: 64.41IU (1.29%), Vitamin C: 1.01mg (1.22%), Phosphorus: 10.57mg (1.06%)