



Best Ever Cinnamon Pull Aparts

READY IN



60 min.

SERVINGS



18

CALORIES



306 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 30 ounce biscuit dough refrigerated canned
- 0.3 cup butter melted
- 4 tablespoons ground cinnamon
- 0.5 cup pecans chopped
- 2 cups sugar white

Equipment

- bowl
- frying pan

- sauce pan
- oven
- cake form

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease an 8 inch cake pan.
- In a small bowl combine sugar, cinnamon and a dash of salt. Open the biscuits and cut each biscuit into four pieces; set aside.
- Put the pieces of biscuit into the mixture, a few at a time, until they are all completely coated. Arrange the biscuit pieces in the pan in layers.
- Heat the butter in a small saucepan over low heat, stir the remaining sugar mixture and the pecans into the hot butter.
- Pour the butter mixture over the biscuit pieces.
- Bake in preheated oven for 45 minutes, until top is golden brown.

Nutrition Facts



Properties

Glycemic Index:11.12, Glycemic Load:30.05, Inflammation Score:-2, Nutrition Score:6.7878260712909%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 305.93kcal (15.3%), Fat: 12.63g (19.42%), Saturated Fat: 2.99g (18.69%), Carbohydrates: 46.9g (15.63%), Net Carbohydrates: 45.06g (16.38%), Sugar: 23.98g (26.65%), Cholesterol: 7.25mg (2.42%), Sodium: 465.76mg (20.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.61%), Manganese: 0.63mg (31.64%), Phosphorus: 213.45mg (21.35%), Vitamin B1: 0.22mg (14.82%), Selenium: 9.22µg (13.17%), Iron: 1.8mg (9.97%), Vitamin B2: 0.15mg (8.7%), Folate: 33.94µg (8.49%), Vitamin B3: 1.64mg (8.22%), Fiber: 1.85g (7.4%), Vitamin E:

0.78mg (5.2%), Calcium: 44.06mg (4.41%), Copper: 0.08mg (4.16%), Potassium: 127.12mg (3.63%), Magnesium: 12.83mg (3.21%), Zinc: 0.4mg (2.68%), Vitamin K: 2.82µg (2.68%), Vitamin B5: 0.18mg (1.78%), Vitamin A: 86.67IU (1.73%), Vitamin B6: 0.03mg (1.57%), Vitamin B12: 0.07µg (1.19%)