



Bite-Size Cinnamon-Pecan Twirls

READY IN



33 min.

SERVINGS



33

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 0.3 cup butter
- ☐ 2 tablespoons plus
- ☐ 1.5 teaspoons granulated sugar
- ☐ 1 teaspoon ground cinnamon divided
- ☐ 0.5 cup pecans chopped
- ☐ 8 oz crescent rolls refrigerated canned

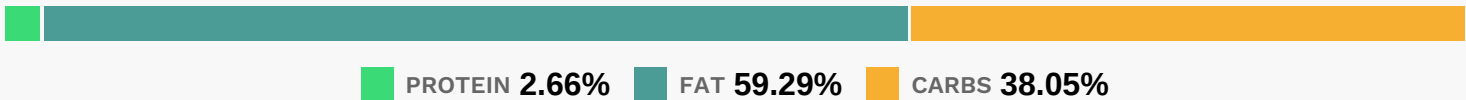
Equipment

- ☐ frying pan
- ☐ oven
- ☐ cake form

Directions

- ☐ Preheat oven to 37
- ☐ Bake pecans and butter in a lightly greased 8-inch round cake pan 2 minutes. Swirl pan to combine, and bake 2 more minutes.
- ☐ Remove from oven, and stir in brown sugar, corn syrup, and 1/2 tsp. cinnamon; spread mixture over bottom of pan.
- ☐ Unroll crescent roll dough, and separate into 4 rectangles, pressing perforations to seal. Stir together granulated sugar and remaining 1/2 tsp. cinnamon; sprinkle over rectangles.
- ☐ Roll up each rectangle tightly, starting at 1 long side; press edges to seal.
- ☐ Cut each log into 5 slices; place slices, cut sides down, in prepared pan. (Space slices equally in pan; slices will not touch.)
- ☐ Bake at 375 for 14 to 16 minutes or until center rolls are golden brown and done.
- ☐ Remove from oven, and immediately invert pan onto a serving plate. Spoon any topping in pan over rolls.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:0.54304348483034%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 58.75kcal (2.94%), Fat: 4.07g (6.25%), Saturated Fat: 1.6g (10.03%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 5.68g (2.06%), Sugar: 3.58g (3.97%), Cholesterol: 3.7mg (1.23%), Sodium: 66.31mg (2.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Manganese: 0.09mg (4.3%), Copper: 0.02mg (1.04%)