



Blackberry Bubble Ring

 Vegetarian

READY IN



55 min.

SERVINGS



1

CALORIES



3114 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup garnish: blackberry jam
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup plus
- ☐ 18 dinner rolls frozen thawed
- ☐ 0.5 teaspoon vanilla extract

Equipment

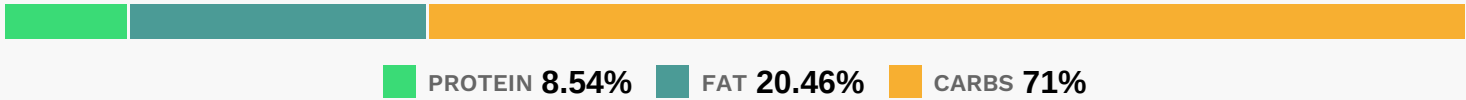
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ knife
- ☐ wire rack

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a tube pan.
- ☐ Flatten each dinner roll into a circle, then place about 1/2 teaspoonful blackberry jam onto the center of the dough.
- ☐ Roll the filled dough into a ball, then transfer the dough into the prepared pan.
- ☐ Bake in the preheated oven until golden brown, about 30 minutes.
- ☐ Combine the corn syrup, butter, and vanilla extract in a small bowl.
- ☐ Pour over the baked rolls, and allow syrup to be absorbed before removing from the pan. To remove from the pan, run a paring knife between the bread and the edge of the pan. Hold the pan on its side and gently tap the sides of the pan against the counter to loosen it. Cover the pan with a plate or cooling rack, and invert it to tip the bread out of the pan and onto the plate.

Nutrition Facts



Properties

Glycemic Index:124, Glycemic Load:79.99, Inflammation Score:-10, Nutrition Score:58.34565225114%

Nutrients (% of daily need)

Calories: 3113.82kcal (155.69%), Fat: 71.82g (110.49%), Saturated Fat: 26.02g (162.62%), Carbohydrates: 560.74g (186.91%), Net Carbohydrates: 529.45g (192.53%), Sugar: 182.63g (202.92%), Cholesterol: 60.2mg (20.07%), Sodium: 4360.85mg (189.6%), Alcohol: 0.69g (100%), Alcohol %: 0.08% (100%), Protein: 67.43g (134.86%), Manganese: 7.99mg (399.53%), Selenium: 259.9µg (371.28%), Vitamin B1: 3.45mg (229.82%), Vitamin B3: 31.58mg (157.92%), Iron: 28.32mg (157.32%), Calcium: 1417.96mg (141.8%), Vitamin B2: 2.25mg (132.57%), Fiber: 31.28g (125.13%), Folate: 483.94µg (120.99%), Phosphorus: 844.1mg (84.41%), Magnesium: 287.38mg (71.84%), Copper: 1.33mg (66.62%), Zinc: 7.6mg (50.64%), Vitamin B6: 0.62mg (31.18%), Potassium: 1031.82mg (29.48%), Vitamin B5: 2.88mg (28.83%), Vitamin E: 3.64mg (24.27%), Vitamin K: 22.86µg (21.77%), Vitamin C: 14.96mg (18.13%), Vitamin A: 699.72IU (13.99%)