

Blueberry Maple Pecan Cinnamon Buns



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



33 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



4 ounces ingredients: cream cheese) to taste

Equipment



frying pan



oven

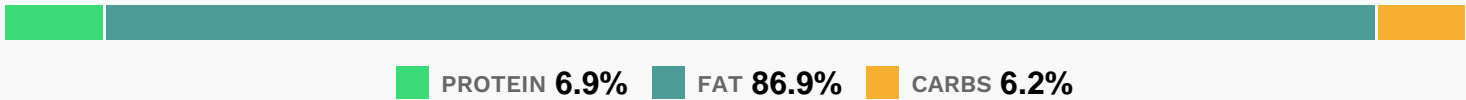


plastic wrap

Directions

- ☐ Punch down the dough. and knead for 30 seconds.
- ☐ Cover the dough and let it rest for 10 minutes.
- ☐ Roll out the dough on a floured surface into a 24" by 12" rectangle.
- ☐ Mix the sugar and the cinnamon and sprinkle it onto the dough followed by the blueberries and pecans.
- ☐ Roll the dough into a log and pinch and cut it into 12 even slices.
- ☐ Arrange the buns in a greased pan, cover in plastic wrap and let rise until doubled in size, about 1 hour and 30 minutes.
- ☐ Bake in a 375F preheated oven until golden brown, about 15–20 minutes.
- ☐ Top the buns with the glaze and enjoy.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:0.44608695383953%

Nutrients (% of daily need)

Calories: 33.07kcal (1.65%), Fat: 3.25g (5%), Saturated Fat: 1.91g (11.93%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.52g (0.19%), Sugar: 0.36g (0.39%), Cholesterol: 9.54mg (3.18%), Sodium: 29.67mg (1.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin A: 126.91IU (2.54%), Vitamin B2: 0.02mg (1.28%), Selenium: 0.81µg (1.16%), Phosphorus: 10.11mg (1.01%)