



Bread Machine Chocolate Sticky Buns

 Dairy Free

READY IN



195 min.

SERVINGS



15

CALORIES



386 kcal

Ingredients

- 0.8 cup water
- 0.3 cup butter softened
- 1 eggs
- 0.3 cup granulated sugar
- 0.5 teaspoon salt
- 3 cups flour all-purpose for flour or gold flour
- 0.5 cup cocoa powder unsweetened
- 3 teaspoons bread machine yeast
- 0.8 cup cashew pieces

- 2 tablespoons butter softened
- 0.5 cup butter melted
- 1 cup brown sugar packed
- 0.3 cup plus
- 0.5 cup semisweet chocolate chips miniature
- 2 tablespoons brown sugar packed
- 1 teaspoon ground cinnamon

Equipment

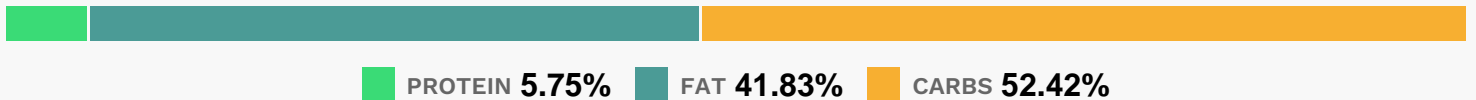
- bowl
- frying pan
- oven
- baking pan
- bread machine

Directions

- Measure carefully, placing all Sticky Bun ingredients except pecans and 2 tablespoons butter in bread machine pan in the order recommended by the manufacturer.
- Select Dough/Manual cycle. Do not use Delay cycle.
- Remove dough from pan, using lightly floured hands. Cover and let rest 10 minutes on lightly floured surface.
- Meanwhile, pour melted butter into ungreased rectangular baking pan, 13x9x2 inches. Stir in 1 cup brown sugar and the corn syrup.
- Spread evenly in pan.
- Sprinkle pecans over topping in pan.
- Roll or pat dough into 15x10-inch rectangle on lightly floured surface.
- Spread 2 tablespoons butter over dough. In small bowl, mix all Chocolate Chip Filling ingredients; sprinkle over butter.
- Roll up dough tightly, beginning at 15-inch side; pinch edge of dough into roll to seal. Stretch and shape roll to make even.

- Cut roll into fifteen 1-inch slices.
- Place slightly apart in pan. Cover and let rise in warm place about 30 minutes or until double. (Dough is ready if indentation remains when touched.)
- Heat oven to 350°F.
- Bake 30 to 35 minutes or until dark brown. Immediately turn pan upside down onto heatproof serving platter.
- Let pan remain over buns 1 minute; remove pan.

Nutrition Facts



Properties

Glycemic Index:12.95, Glycemic Load:18.17, Inflammation Score:-6, Nutrition Score:9.7043478339911%

Flavonoids

Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 385.7kcal (19.28%), Fat: 18.52g (28.5%), Saturated Fat: 5.03g (31.43%), Carbohydrates: 52.23g (17.41%), Net Carbohydrates: 49.32g (17.93%), Sugar: 27.99g (31.1%), Cholesterol: 11.39mg (3.8%), Sodium: 230.1mg (10%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 13.38mg (4.46%), Protein: 5.73g (11.45%), Manganese: 0.53mg (26.49%), Vitamin B1: 0.34mg (22.85%), Copper: 0.4mg (20.07%), Folate: 73.04µg (18.26%), Selenium: 12.08µg (17.25%), Iron: 2.69mg (14.94%), Magnesium: 55.56mg (13.89%), Phosphorus: 122.95mg (12.29%), Fiber: 2.92g (11.66%), Vitamin B2: 0.2mg (11.59%), Vitamin A: 538.05IU (10.76%), Vitamin B3: 2.09mg (10.47%), Zinc: 1.1mg (7.35%), Potassium: 199.52mg (5.7%), Vitamin B5: 0.41mg (4.08%), Vitamin E: 0.61mg (4.03%), Calcium: 37mg (3.7%), Vitamin B6: 0.07mg (3.6%), Vitamin K: 2.97µg (2.83%)