



Bread Machine Chocolate Sticky Buns

 Dairy Free

READY IN



195 min.

SERVINGS



15

CALORIES



384 kcal

Ingredients

- ☐ 3 teaspoons bread machine yeast
- ☐ 1 cup brown sugar packed
- ☐ 2 tablespoons brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 0.5 cup butter melted
- ☐ 2 tablespoons butter softened
- ☐ 0.3 cup plus
- ☐ 1 eggs
- ☐ 0.3 cup granulated sugar

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 cup pecans
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup semisweet chocolate chips miniature
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 0.8 cup water
- ☐ 3 cups flour all-purpose for flour or gold flour

Equipment

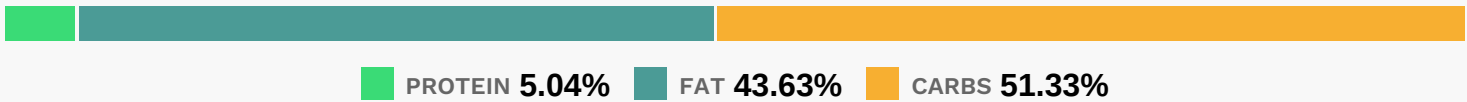
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ bread machine

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 350F.
- ☐ 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:11.94, Glycemic Load:17.76, Inflammation Score:-6, Nutrition Score:9.2665217045857%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 5.67mg, Epicatechin: 5.67mg, Epicatechin: 5.67mg, Epicatechin: 5.67mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 384.23kcal (19.21%), Fat: 19.26g (29.63%), Saturated Fat: 4.83g (30.21%), Carbohydrates: 50.97g (16.99%), Net Carbohydrates: 47.8g (17.38%), Sugar: 27.8g (30.89%), Cholesterol: 11.39mg (3.8%), Sodium: 229.33mg (9.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 13.38mg (4.46%), Protein: 5g (10.01%), Manganese: 0.65mg (32.29%), Vitamin B1: 0.35mg (23.21%), Folate: 72.52µg (18.13%), Copper: 0.32mg (15.96%), Selenium: 10.98µg (15.69%), Iron: 2.38mg (13.25%), Fiber: 3.18g (12.71%), Vitamin B2: 0.2mg (11.75%), Vitamin A: 540.82IU (10.82%), Magnesium: 42.71mg (10.68%), Vitamin B3: 2.08mg (10.42%), Phosphorus: 98.41mg (9.84%), Zinc: 0.95mg (6.36%), Potassium: 177.25mg (5.06%), Vitamin E: 0.62mg (4.11%), Vitamin B5: 0.4mg (3.95%), Calcium: 38.08mg (3.81%), Vitamin B6: 0.06mg (2.77%)