



Breakfast Sticky Buns

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



180 kcal

Ingredients

- 0.5 cup brown sugar
- 0.5 cup brown sugar
- 1 tablespoon butter
- 1 box butterscotch pudding instant
- 0.5 cup pecans chopped
- 1 pkg portugese rolls frozen

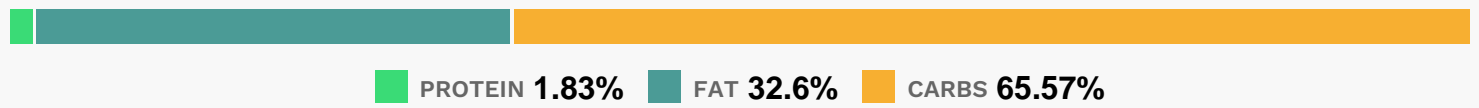
Equipment

- frying pan
- oven

Directions

- Spray a 10-inch tube pan with a no-stick cooking spray.
- Spread pecans evenly on bottom of pan.
- Place rolls on pecans and then sprinkle pudding on top of rolls.
- Mix sugar into melted butter.
- Pour this mixture over nuts/rolls/pudding. Cover and let stand overnight.
- Bake at 350 degrees for 20-25 minutes. Turn over and out onto plate at once.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.2065217391304%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Taste

Sweetness: 100%, Saltiness: 0.14%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 23.39%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 180.09kcal (9%), Fat: 6.78g (10.44%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 30.71g (10.24%), Net Carbohydrates: 30.05g (10.93%), Sugar: 29g (32.23%), Cholesterol: 3.88mg (1.29%), Sodium: 40.19mg (1.75%), Protein: 0.86g (1.71%), Manganese: 0.33mg (16.27%), Copper: 0.1mg (4.84%), Calcium: 33.93mg (3.39%), Vitamin B1: 0.05mg (3.16%), Magnesium: 11.24mg (2.81%), Fiber: 0.66g (2.62%), Phosphorus: 25.33mg (2.53%), Zinc: 0.34mg (2.25%), Iron: 0.4mg (2.21%), Potassium: 72.76mg (2.08%), Vitamin B6: 0.03mg (1.4%), Vitamin E: 0.17mg (1.15%), Vitamin B5: 0.12mg (1.15%), Vitamin B2: 0.02mg (1.06%)