



## Brown Sugar and Pecan Sticky Buns

READY IN



55 min.

SERVINGS



12

CALORIES



371 kcal

### Ingredients

- 1 pizza dough frozen thawed store-bought quick
- 1 cup butter unsalted room temperature ()
- 1 cup brown sugar packed
- 1.5 cups pecans chopped
- 0.5 teaspoon coarse salt

### Equipment

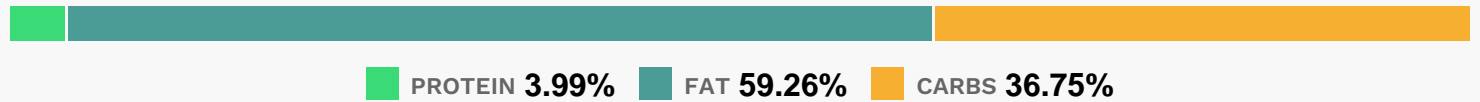
- bowl
- baking sheet
- oven

baking pan

## Directions

- On a floured work surface, roll dough to a 10-by-18-inch rectangle. Dot upper two-thirds of dough with 1 cup butter and fold dough like a letter.
- Roll dough to a 10-by-18-inch rectangle. Refrigerate on a baking sheet until firm, 1 hour (or up to 1 day).
- Preheat oven to 350 degrees. In a small bowl, combine sugar, pecans, and salt. Leaving a 1/2-inch border, dot dough with 6 tablespoons butter and sprinkle with sugar mixture. Starting at a long end, roll up dough like a jelly roll.
- Cut crosswise into 12 pieces.
- Place each piece, cut side down, into two jumbo muffin pans or a 9-by-13-inch baking pan.
- Bake until golden brown and cooked through, 30 to 40 minutes, rotating pans halfway through. Immediately invert buns onto a serving platter or baking sheet.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:0.83, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:4.2952174045469%

## Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

## Nutrients (% of daily need)

Calories: 370.97kcal (18.55%), Fat: 25.26g (38.87%), Saturated Fat: 10.73g (67.08%), Carbohydrates: 35.26g (11.75%), Net Carbohydrates: 33.58g (12.21%), Sugar: 20.31g (22.56%), Cholesterol: 40.67mg (13.56%), Sodium: 339.69mg (14.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.65%), Manganese: 0.57mg (28.48%), Vitamin A: 479.66IU (9.59%), Copper: 0.16mg (8.01%), Iron: 1.33mg (7.38%), Fiber: 1.68g (6.71%), Vitamin B1: 0.08mg (5.51%), Magnesium: 17mg (4.25%), Vitamin E: 0.61mg (4.08%), Phosphorus: 39.55mg (3.96%), Zinc:

0.58mg (3.89%), Calcium: 28.48mg (2.85%), Potassium: 79.68mg (2.28%), Vitamin D: 0.28µg (1.89%), Vitamin B6: 0.03mg (1.7%), Vitamin K: 1.76µg (1.67%), Vitamin B5: 0.15mg (1.52%), Vitamin B2: 0.02mg (1.32%), Selenium: 0.88µg (1.26%)