



Butterscotch Breakfast Ring

READY IN



35 min.

SERVINGS



8

CALORIES



311 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons butter
- 6 ounce butterscotch chips divided
- 7 teaspoons plus
- 10 ounce crescent roll dough refrigerated canned
- 2 tablespoons flour all-purpose
- 0.5 cup pecans chopped
- 0.1 teaspoon salt

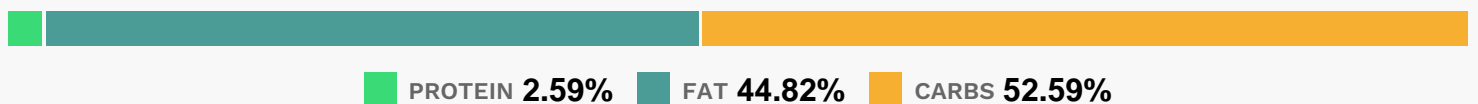
Equipment

- bowl
- baking sheet
- oven
- whisk
- double boiler
- microwave

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Melt butterscotch chips and butter in the top of a double boiler or in a bowl in the microwave. Stir until smooth.
- Remove from heat and whisk in flour, salt and pecans. Set aside.
- Separate crescent roll triangles. On greased cookie sheet, arrange crescent rolls overlapping edges to form a circle. Long pointed ends of each roll should point outwards.
- Spread 2 rounded teaspoons of butterscotch mixture on each triangle.
- Roll up triangles, beginning with pointed end of roll. Slash inside half of each roll.
- Bake in preheated oven for 15 minutes, until golden.
- Remove from oven and let cool.
- While rolls bake, melt remaining butterscotch morsels and corn syrup; mix well.
- Drizzle over cooled rolls.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:2.34, Inflammation Score:-1, Nutrition Score:2.2182608509193%

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

Nutrients (% of daily need)

Calories: 310.92kcal (15.55%), Fat: 16.1g (24.77%), Saturated Fat: 5.85g (36.56%), Carbohydrates: 42.5g (14.17%), Net Carbohydrates: 41.79g (15.2%), Sugar: 27.66g (30.73%), Cholesterol: 9.44mg (3.15%), Sodium: 425.62mg (18.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.19%), Manganese: 0.32mg (15.98%), Vitamin B1: 0.07mg (4.5%), Copper: 0.08mg (4.23%), Iron: 0.71mg (3.94%), Fiber: 0.7g (2.82%), Zinc: 0.38mg (2.55%), Vitamin A: 112.54IU (2.25%), Magnesium: 8.81mg (2.2%), Phosphorus: 21.95mg (2.19%), Selenium: 1.12µg (1.6%), Vitamin B2: 0.02mg (1.34%), Vitamin E: 0.2mg (1.31%), Folate: 5.03µg (1.26%)