



HEALTH SCORE

64%

Caramel Apple Fantans



Very Healthy

READY IN



165 min.

SERVINGS



1

CALORIES



5513 kcal

DESSERT

Ingredients

- ☐ 0.3 oz yeast dry
- ☐ 3 cups braeburn apple diced peeled (3 large)
- ☐ 1 serving glaze
- ☐ 1.5 cups bread flour
- ☐ 0.3 cup brown sugar light packed
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- ☐ 0.3 cup butter melted
- ☐ 0.3 cup butter

- ☐ 9 tablespoons butter divided softened
- ☐ 1 large eggs
- ☐ 1 serving dough
- ☐ 0.5 cup golden raisins
- ☐ 0.3 cup granulated sugar
- ☐ 0.8 cup granulated sugar
- ☐ 1 teaspoon granulated sugar
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.8 cup pecans toasted chopped
- ☐ 1 teaspoon salt
- ☐ 1 cup water (105° to 115°)
- ☐ 1.5 cups flour whole wheat

Equipment

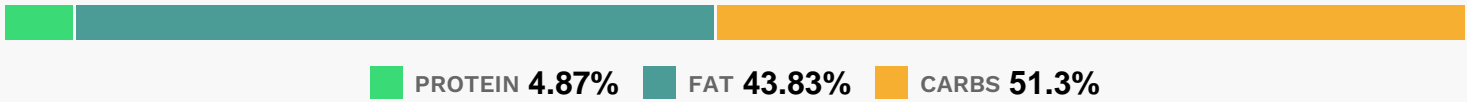
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ stand mixer
- ☐ muffin tray

Directions

- ☐ Combine first 3 ingredients in bowl of a heavy-duty electric stand mixer; let stand 5 minutes. Stir in egg, next 3 ingredients, and 1 1/2 cups bread flour. Beat at medium speed, using paddle attachment, 1 minute or until smooth. Gradually beat in whole wheat flour and enough remaining bread flour to make a soft dough.
- ☐ Turn dough out onto a well-floured surface, and knead until smooth and elastic (6 to 8 minutes), sprinkling surface with bread flour as needed.

- ☐ Place dough in a lightly greased large bowl, turning to grease top. Cover with plastic wrap, and let rise in a warm place (85), free from drafts, 45 to 55 minutes or until doubled in bulk.
- ☐ Meanwhile, prepare Filling: Melt 1 Tbsp. butter in a large skillet over medium-high heat.
- ☐ Add apples and next 2 ingredients, and saut 4 to 5 minutes or until apples are crisp-tender. Cool completely (about 30 minutes).
- ☐ Punch dough down; turn out onto a lightly floured surface.
- ☐ Roll into a 20- x 12-inch rectangle.
- ☐ Spread remaining 8 Tbsp. softened butter over dough. Stir together 3/4 cup granulated sugar and cinnamon; sprinkle over butter, and top with pecans and apple mixture.
- ☐ Cut dough into 5 (12- x 4-inch) strips; stack dough strips. Replace any apples and pecans that fall out.
- ☐ Cut stack into 6 (4- x 2-inch) rectangles; cut each rectangle in half crosswise to form 12 (2-inch) squares.
- ☐ Place stacked squares, cut sides up, into cups of a lightly greased 12-cup muffin pan. Cover loosely with plastic wrap; let rise in a warm place (85), free from drafts, 45 minutes to 1 hour or until rolls rise about 3/4 inch above rim of pan.
- ☐ Preheat oven to 37
- ☐ Bake 18 to 20 minutes or until deep golden brown. Cool in pan on a wire rack 5 minutes.
- ☐ Remove from pan to a wire rack.
- ☐ Prepare Glaze: Bring 1/3 cup butter and 1/3 cup brown sugar to a boil in a 1-qt. heavy saucepan over medium heat, stirring constantly; boil 1 minute, stirring constantly.
- ☐ Remove from heat; drizzle over top of warm rolls.

Nutrition Facts



Properties

Glycemic Index:568.94, Glycemic Load:279.39, Inflammation Score:-10, Nutrition Score:71.13043469968%

Flavonoids

Cyanidin: 13.86mg, Cyanidin: 13.86mg, Cyanidin: 13.86mg, Cyanidin: 13.86mg Delphinidin: 5.41mg, Delphinidin: 5.41mg, Delphinidin: 5.41mg, Delphinidin: 5.41mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg

0.08mg Catechin: 10.25mg, Catechin: 10.25mg, Catechin: 10.25mg, Catechin: 10.25mg Epigallocatechin: 5.16mg, Epigallocatechin: 5.16mg, Epigallocatechin: 5.16mg, Epigallocatechin: 5.16mg Epicatechin: 28.85mg, Epicatechin: 28.85mg, Epicatechin: 28.85mg, Epicatechin: 28.85mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 2.42mg, Epigallocatechin 3–gallate: 2.42mg, Epigallocatechin 3–gallate: 2.42mg, Epigallocatechin 3–gallate: 2.42mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg Quercetin: 16.78mg, Quercetin: 16.78mg, Quercetin: 16.78mg, Quercetin: 16.78mg

Nutrients (% of daily need)

Calories: 5512.91kcal (275.65%), Fat: 278.81g (428.93%), Saturated Fat: 140.8g (880.02%), Carbohydrates: 734.22g (244.74%), Net Carbohydrates: 684.91g (249.06%), Sugar: 414.8g (460.89%), Cholesterol: 741.6mg (247.2%), Sodium: 4223.89mg (183.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 69.66g (139.33%), Manganese: 14.12mg (706.08%), Selenium: 214.95µg (307.07%), Fiber: 49.3g (197.21%), Vitamin B1: 2.53mg (168.69%), Vitamin A: 7015.46IU (140.31%), Phosphorus: 1385.44mg (138.54%), Copper: 2.56mg (128.11%), Magnesium: 464.06mg (116.02%), Folate: 386.42µg (96.6%), Vitamin B2: 1.45mg (85.22%), Iron: 15.18mg (84.35%), Vitamin B3: 16.85mg (84.26%), Vitamin B6: 1.62mg (80.79%), Zinc: 11.79mg (78.58%), Potassium: 2509.91mg (71.71%), Vitamin E: 10.55mg (70.34%), Vitamin B5: 5.14mg (51.41%), Calcium: 493.72mg (49.37%), Vitamin K: 38.61µg (36.77%), Vitamin C: 20.71mg (25.11%), Vitamin B12: 0.89µg (14.82%), Vitamin D: 1µg (6.67%)