



Caramel Breakfast Wreath



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



556 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 3.5 ounce butterscotch pudding mix
- ☐ 16 dinner rolls white frozen
- ☐ 1 cup pecans divided chopped

Equipment

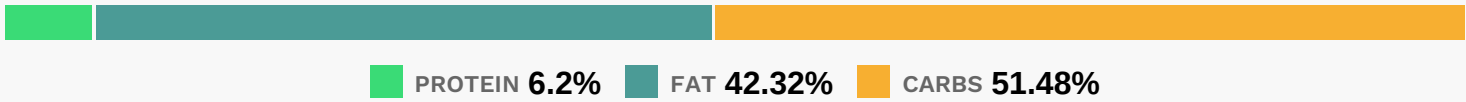
- ☐ frying pan
- ☐ oven

☐ kugelhkopf pan

Directions

- ☐ The night before, sprinkle half the pecans in the bottom of a Bundt pan that has been sprayed with non-stick vegetable spray.
- ☐ Arrange dinner rolls on top of pecans; sprinkle with pudding mix.
- ☐ Mix brown sugar and butter together; pour over rolls.
- ☐ Spread remaining pecans over top.
- ☐ Place pan in a cold oven and let stand overnight to rise.
- ☐ In the morning, remove pan from the oven and preheat to 325 degrees. Return pan to oven; bake for 30 minutes.
- ☐ Turn pan upside-down onto a platter and serve.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:14.551739147176%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 556.04kcal (27.8%), Fat: 26.78g (41.21%), Saturated Fat: 9.44g (58.97%), Carbohydrates: 73.29g (24.43%), Net Carbohydrates: 68.64g (24.96%), Sugar: 31.8g (35.33%), Cholesterol: 30.5mg (10.17%), Sodium: 626.4mg (27.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.83g (17.66%), Manganese: 1.51mg (75.35%), Selenium: 29.4µg (42%), Vitamin B1: 0.46mg (30.87%), Iron: 3.56mg (19.76%), Fiber: 4.65g (18.6%), Vitamin B3: 3.69mg (18.44%), Calcium: 182.04mg (18.2%), Copper: 0.3mg (15.24%), Vitamin B2: 0.26mg (15.23%), Folate: 55.23µg (13.81%), Phosphorus: 131.66mg (13.17%), Magnesium: 49.59mg (12.4%), Zinc: 1.41mg (9.42%), Vitamin A: 362.18IU (7.24%), Vitamin E: 0.83mg (5.53%), Potassium: 188.08mg (5.37%), Vitamin B6: 0.1mg (5.14%), Vitamin B5: 0.47mg (4.73%), Vitamin K: 3.79µg (3.61%)