



Caramel-Chocolate Sticky Buns

READY IN



45 min.

SERVINGS



10

CALORIES



505 kcal

Ingredients

- 20 ounce biscuits refrigerated canned
- 15 ounce ready-to-spread coconut-pecan frosting
- 20 milk chocolate kisses
- 1 cup pecan halves

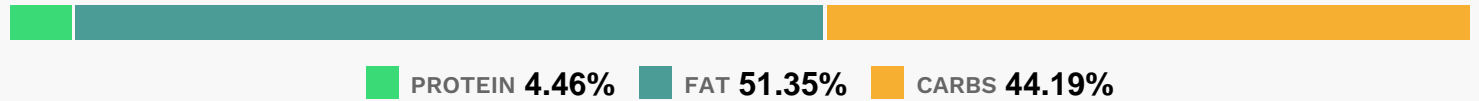
Equipment

- frying pan
- oven
- wire rack

Directions

- Preheat the oven to 37
- Spread frosting in a greased 9"-square pan.
- Sprinkle pecans over frosting. Flatten each biscuit to about 1/4"-thickness.
- Place a chocolate kiss in center of each biscuit. Fold biscuits in half; press edges together to seal. Arrange over pecans, flat side down.
- Bake on lowest position of oven rack at 375 for 25 minutes or until browned. Cool in pan on a wire rack 5 minutes. Invert onto a serving plate.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:17.44, Inflammation Score:-3, Nutrition Score:10.111739159926%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Nutrients (% of daily need)

Calories: 504.52kcal (25.23%), Fat: 29.39g (45.21%), Saturated Fat: 7.27g (45.45%), Carbohydrates: 56.91g (18.97%), Net Carbohydrates: 53.93g (19.61%), Sugar: 24.55g (27.28%), Cholesterol: 2.86mg (0.95%), Sodium: 624.87mg (27.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.48%), Manganese: 0.95mg (47.7%), Phosphorus: 298.02mg (29.8%), Vitamin B1: 0.32mg (21.49%), Selenium: 12.1µg (17.28%), Iron: 2.44mg (13.54%), Fiber: 2.98g (11.92%), Vitamin B2: 0.19mg (10.97%), Copper: 0.22mg (10.95%), Folate: 42.72µg (10.68%), Vitamin B3: 2.11mg (10.53%), Vitamin E: 1.35mg (9%), Magnesium: 29.7mg (7.42%), Potassium: 246.69mg (7.05%), Zinc: 0.89mg (5.97%), Calcium: 58.4mg (5.84%), Vitamin K: 4.33µg (4.12%), Vitamin B6: 0.07mg (3.37%), Vitamin B5: 0.32mg (3.21%), Vitamin B12: 0.08µg (1.32%)