



Caramel Pecan Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



695 kcal

BREAD

Ingredients

- ☐ 2 cups brown sugar
- ☐ 1 cup butter softened
- ☐ 1 pound butter
- ☐ 9 tablespoons butter melted
- ☐ 0.5 cup plus light karo®
- ☐ 2 eggs
- ☐ 7.5 cups flour
- ☐ 2 tablespoons ground saigon cinnamon spice islands®

- ☐ 8 ounces pecans chopped
- ☐ 12 ounces pecans whole
- ☐ 2 teaspoons salt
- ☐ 0.5 cup sugar
- ☐ 1 cup sugar
- ☐ 1.3 teaspoons vanilla extract pure spice islands®
- ☐ 2.3 cups very warm water (120° to 130°F)
- ☐ 3 envelopes fleischmann's® rapid rise yeast

Equipment

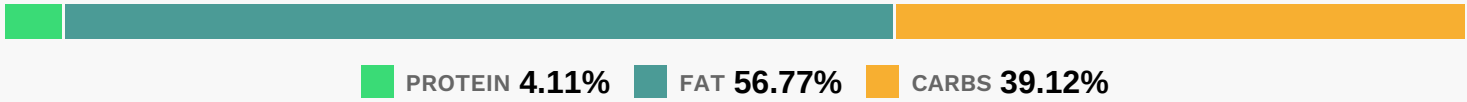
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ MIX 1 cup butter, sugar and salt in a large bowl.
- ☐ Add eggs. In a separate bowl, combine yeast and 4 cups flour; mix thoroughly.
- ☐ Add flour mixture to butter/sugar mixture, then add water.
- ☐ Mix well and add an additional 3 1/2 to 4 cups of flour, 1 cup at a time, until soft smooth dough forms. Turn out on lightly floured surface. KNEAD until smooth. Cover and let dough rest 10 minutes. Divide dough into 3 equal portions. ROLL each portion out to a 14 x 8-inch rectangle on a lightly floured surface.
- ☐ Brush each with 3 tablespoons melted butter.
- ☐ Combine 1 cup sugar with cinnamon.
- ☐ Sprinkle 1/3 cup cinnamon sugar and 2/3 cup chopped pecans on each rectangle.
- ☐ Roll up from long side. CUT each roll into 8 slices. CUT butter in a saucepan.
- ☐ Add brown sugar, corn syrup and vanilla. Stir until blended.

- ☐ Place 1 cup caramel syrup and 1 cup pecans in each of three 13 x 9-inch pans. (Or 1/2 cup syrup and 1/2 cup pecans in 8-inch square baking pans).
- ☐ Place 8 rolls per 13 x 9-inch pan, or 4 rolls per 8-inch pan, cut side down. Cover. RISE until double, about 45 to 50 minutes. BAKE at 325F for 15 to 20 minutes for 8-inch pans and 20 to 25 minutes for 13 x 9-inch pans. Cool slightly before turning out of pan.

Nutrition Facts



Properties

Glycemic Index:17.05, Glycemic Load:31.45, Inflammation Score:-7, Nutrition Score:14.178260993698%

Flavonoids

Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg Delphinidin: 1.72mg, Delphinidin: 1.72mg, Delphinidin: 1.72mg, Delphinidin: 1.72mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg

Nutrients (% of daily need)

Calories: 694.63kcal (34.73%), Fat: 45.13g (69.43%), Saturated Fat: 18.92g (118.26%), Carbohydrates: 69.95g (23.32%), Net Carbohydrates: 66.04g (24.02%), Sugar: 36.83g (40.92%), Cholesterol: 85.9mg (28.63%), Sodium: 427.18mg (18.57%), Alcohol: 0.07g (100%), Alcohol %: 0.06% (100%), Protein: 7.35g (14.7%), Manganese: 1.46mg (73.15%), Vitamin B1: 0.57mg (37.75%), Folate: 100.11µg (25.03%), Selenium: 16.04µg (22.91%), Copper: 0.36mg (18.09%), Vitamin A: 874.86IU (17.5%), Vitamin B2: 0.29mg (17.04%), Fiber: 3.91g (15.65%), Iron: 2.69mg (14.97%), Vitamin B3: 2.98mg (14.91%), Phosphorus: 129.7mg (12.97%), Zinc: 1.54mg (10.29%), Magnesium: 41.14mg (10.28%), Vitamin E: 1.19mg (7.92%), Vitamin B5: 0.61mg (6.13%), Calcium: 56.53mg (5.65%), Potassium: 188.07mg (5.37%), Vitamin B6: 0.1mg (4.79%), Vitamin K: 3.52µg (3.35%), Vitamin B12: 0.09µg (1.51%)