



## Caramel Pecan Rolls

 Vegetarian

READY IN



1000 min.

SERVINGS



24

CALORIES



279 kcal

BREAD

### Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 2 tablespoons plus light
- ☐ 1 eggs
- ☐ 7 cups flour all-purpose
- ☐ 1.5 tablespoons ground cinnamon

- ☐ 2 cups milk
- ☐ 1 cup pecan halves
- ☐ 2 teaspoons salt
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup warm water
- ☐ 0.5 cup sugar white

## Equipment

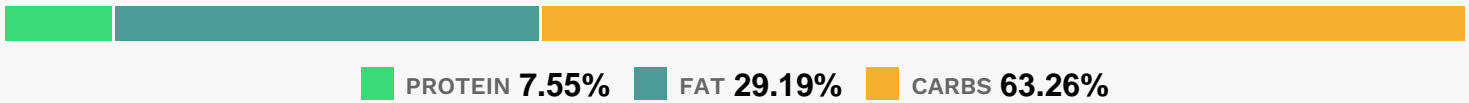
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Warm the milk in a small saucepan until it bubbles, then remove from heat.
- ☐ Let cool until lukewarm. In a small bowl, dissolve yeast in warm water.
- ☐ Let stand until creamy, about 10 minutes.
- ☐ In a large bowl, combine yeast mixture, milk, sugar, oil, baking powder, salt, egg and 3 cups flour. Beat until smooth. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
- ☐ Heat brown sugar and 1/2 cup butter until melted.
- ☐ Remove from heat; stir in corn syrup. Divide mixture between two 9x13 inch baking pans.
- ☐ Sprinkle 1/2 cup pecans in each pan.
- ☐ When dough has doubled in size, punch down and turn out onto a lightly floured surface.
- ☐ Roll out into a large rectangle and spread with butter.

- ☐
- Sprinkle with sugar and cinnamon. Starting with the long side, roll up the rectangle into a log, and slice into 1 inch wide rolls.
- ☐
- Place the rolls slightly apart in pans. Wrap pans with aluminum foil and refrigerate at least 12 hours but no longer than 4
- ☐
- Remove rolls from refrigerator and let stand in a warm place until doubled in size, about 30 minutes. Meanwhile, preheat oven to 350 degrees F (175 degrees C).
- ☐
- Bake uncovered in preheated oven until golden 30 to 35 minutes. Immediately invert pan on heatproof serving plate. Wait for 1 or 2 minutes before removing pan, so that caramel drizzles over rolls.

Nutrition Facts



Properties

Glycemic Index:14.96, Glycemic Load:23.82, Inflammation Score:-4, Nutrition Score:8.4273913042701%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 279.24kcal (13.96%), Fat: 9.17g (14.1%), Saturated Fat: 2.43g (15.2%), Carbohydrates: 44.69g (14.9%), Net Carbohydrates: 42.89g (15.6%), Sugar: 15.72g (17.46%), Cholesterol: 14.34mg (4.78%), Sodium: 277.4mg (12.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.66%), Manganese: 0.53mg (26.57%), Vitamin B1: 0.39mg (26.12%), Folate: 82.5µg (20.63%), Selenium: 13.7µg (19.57%), Vitamin B2: 0.25mg (14.55%), Vitamin B3: 2.48mg (12.39%), Iron: 2.01mg (11.15%), Phosphorus: 90.94mg (9.09%), Calcium: 77.68mg (7.77%), Fiber: 1.81g (7.22%), Vitamin K: 6.21µg (5.92%), Copper: 0.11mg (5.67%), Magnesium: 17.37mg (4.34%), Zinc: 0.62mg (4.13%), Vitamin B5: 0.4mg (3.95%), Potassium: 109.75mg (3.14%), Vitamin E: 0.42mg (2.82%), Vitamin B6: 0.05mg (2.69%), Vitamin B12: 0.13µg (2.18%), Vitamin A: 105.72IU (2.11%), Vitamin D: 0.26µg (1.74%)