



## Caramel-Pecan Sticky Buns

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



234 kcal

BREAD

### Ingredients

- 2 tablespoons butter softened
- 3 tablespoons butter
- 4 teaspoons plus light
- 0.3 cup brown sugar dark packed
- 2.3 teaspoons yeast dry
- 23.5 ounces flour all-purpose divided
- 0.3 cup granulated sugar
- 1 teaspoon ground cinnamon

- 2 tablespoons pecans chopped
- 1.5 teaspoons salt
- 1.7 cups warm water (100° to 110°)

## Equipment

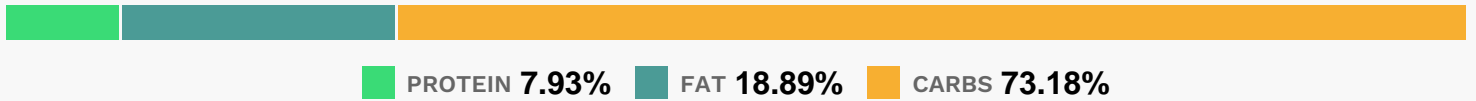
- bowl
- frying pan
- sauce pan
- oven
- knife
- baking pan
- spatula
- measuring cup

## Directions

- To prepare caramel, combine first 3 ingredients in a saucepan over medium heat; stir frequently until butter melts. Continue cooking until mixture thickens and becomes smooth (about 1 minute), stirring constantly.
- Remove from heat; pour into the center of a 9-inch square baking pan; quickly spread caramel onto pan bottom using a spatula coated with cooking spray.
- Sprinkle with pecans; cool to room temperature. Lightly coat sides of pan with cooking spray.
- To prepare dough, dissolve yeast in warm water in a large bowl; let stand 5 minutes. Stir in salt.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Add 5 cups flour to yeast mixture; stir until a soft dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to keep dough from sticking to hands.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes.

- Combine granulated sugar and cinnamon in a small bowl; set aside.
- Roll dough into a 16 x 12-inch rectangle on a lightly floured surface; spread 2 tablespoons of softened butter over dough.
- Sprinkle with cinnamon-sugar mixture, leaving a 1/2-inch border.
- Roll up rectangle tightly, starting with long edge, pressing firmly to eliminate air pockets; pinch seam to seal (do not seal ends).
- Cut into 16 (1-inch-wide) slices. (A)
- Place slices, cut sides up, in prepared pan (rolls will be crowded). Cover and let rise 30 minutes or until doubled in size.
- Preheat oven to 37
- Bake at 375 for 20 minutes or until rolls are light golden brown. Cool in pan 5 minutes on rack.
- Place a serving platter upside down on top of pan; invert onto platter.
- Serve warm.

## Nutrition Facts



### Properties

Glycemic Index:17.44, Glycemic Load:26.27, Inflammation Score:-4, Nutrition Score:6.7856521251733%

### Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

### Nutrients (% of daily need)

Calories: 233.83kcal (11.69%), Fat: 4.91g (7.55%), Saturated Fat: 2.4g (14.97%), Carbohydrates: 42.8g (14.27%), Net Carbohydrates: 41.37g (15.04%), Sugar: 10.69g (11.88%), Cholesterol: 9.41mg (3.14%), Sodium: 251.32mg (10.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Vitamin B1: 0.38mg (25.66%), Folate: 86.89µg (21.72%), Selenium: 14.34µg (20.49%), Manganese: 0.37mg (18.35%), Vitamin B2: 0.23mg (13.36%), Vitamin B3: 2.66mg (13.29%), Iron: 2.02mg (11.23%), Fiber: 1.43g (5.71%), Phosphorus: 52.53mg (5.25%), Copper: 0.08mg (4.19%), Magnesium: 11.76mg (2.94%), Zinc: 0.4mg (2.7%), Vitamin B5: 0.26mg (2.64%), Vitamin A: 110.4IU (2.21%),

Potassium: 61.69mg (1.76%), Vitamin B6: 0.03mg (1.49%), Calcium: 14.6mg (1.46%)