



Caramel-Pecan Sticky Rolls

 Vegetarian

READY IN



195 min.

SERVINGS



15

CALORIES



392 kcal

Ingredients

- ☐ 3.5 cups bread flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon salt
- ☐ 4.5 teaspoons yeast dry
- ☐ 1 cup milk (120°F to 130°F)
- ☐ 0.3 cup butter softened
- ☐ 1 eggs
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter softened

- ☐ 0.3 cup plus light
- ☐ 1 cup cashew pieces
- ☐ 0.5 cup pecans chopped
- ☐ 0.3 cup granulated sugar packed
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons butter softened

Equipment

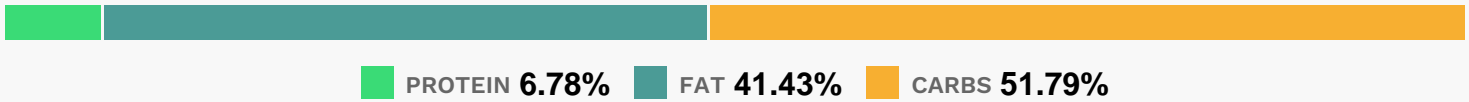
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ rolling pin
- ☐ serrated knife

Directions

- ☐ In large bowl, mix 2 cups of the flour, 1/3 cup granulated sugar, the salt and yeast.
- ☐ Add warm milk, 1/4 cup butter and egg. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Stir in enough remaining flour, 1/2 cup at a time, to make dough easy to handle.
- ☐ Place dough on lightly floured surface. Knead about 5 minutes or until dough is smooth and springy. Grease large bowl with shortening.
- ☐ Place dough in bowl, turning dough to grease all sides. Cover bowl loosely with plastic wrap; let rise in warm place about 1 hour 30 minutes or until dough has doubled in size. Dough is ready if indentation remains when touched.
- ☐ In 2-quart saucepan, heat brown sugar and 1/2 cup butter to boiling, stirring constantly; remove from heat. Stir in corn syrup.
- ☐ Pour into 13x9-inch pan.

- ☐ Sprinkle with pecan halves.
- ☐ In small bowl, mix all filling ingredients except 2 tablespoons butter; set aside.
- ☐ Gently push fist into dough to deflate. Flatten dough with hands or rolling pin into 15x10-inch rectangle on lightly floured surface.
- ☐ Spread with 2 tablespoons butter; sprinkle with filling.
- ☐ Roll rectangle up tightly, beginning at 15-inch side. Pinch edge of dough into roll to seal. With fingers, shape until even. With dental floss or a serrated knife, cut roll into 15 (1 -inch) slices.
- ☐ Place slices slightly apart in pan. Cover loosely with plastic wrap; let rise in warm place about 30 minutes or until dough has doubled in size.
- ☐ Heat oven to 350°F.
- ☐ Bake 30 to 35 minutes or until golden brown.
- ☐ Let stand 2 to 3 minutes.
- ☐ Place heatproof tray or serving plate upside down onto pan; immediately turn tray and pan over.
- ☐ Let pan remain 1 minute so caramel can drizzle over rolls; remove pan.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:30.29, Glycemic Load:20.86, Inflammation Score:-4, Nutrition Score:7.8095652014017%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 391.8kcal (19.59%), Fat: 18.5g (28.46%), Saturated Fat: 8.16g (51.02%), Carbohydrates: 52.04g (17.35%), Net Carbohydrates: 50.38g (18.32%), Sugar: 27.9g (31%), Cholesterol: 41.28mg (13.76%), Sodium: 260.17mg (11.31%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Manganese: 0.57mg (28.73%), Selenium: 15.11µg (21.59%), Copper: 0.3mg (14.99%), Vitamin B1: 0.2mg (13.38%), Phosphorus: 121.38mg (12.14%), Magnesium: 41.33mg (10.33%), Folate: 36.34µg (9.09%), Zinc: 1.13mg (7.55%), Vitamin A: 375.49IU (7.51%), Fiber: 1.65g (6.62%), Vitamin B2: 0.11mg (6.26%), Iron: 1.12mg (6.24%), Vitamin B5: 0.5mg (4.99%), Calcium: 49.62mg (4.96%), Potassium: 161.68mg (4.62%), Vitamin B6: 0.09mg (4.49%), Vitamin B3: 0.84mg (4.22%), Vitamin K: 4.18µg (3.98%), Vitamin E: 0.59mg (3.96%), Vitamin B12: 0.14µg (2.28%), Vitamin D: 0.24µg (1.58%)