



## Caramel-Pecan Sticky Rolls

 Vegetarian

READY IN



195 min.

SERVINGS



15

CALORIES



390 kcal

### Ingredients

- ☐ 3.5 cups bread flour all-purpose
- ☐ 0.3 cup granulated sugar packed
- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons butter softened
- ☐ 0.3 cup plus light
- ☐ 1 eggs
- ☐ 0.3 cup granulated sugar

- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup milk (120°F to 130°F)
- ☐ 1 cup pecans
- ☐ 0.5 cup pecans chopped
- ☐ 1 teaspoon salt
- ☐ 4.5 teaspoons yeast dry

## Equipment

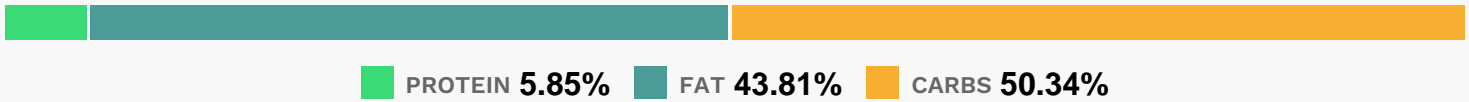
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ rolling pin
- ☐ serrated knife

## 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 350F.
- ☐ 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:29.28, Glycemic Load:20.3, Inflammation Score:-4, Nutrition Score:7.2239130230054%

## Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg

## Nutrients (% of daily need)

Calories: 389.85kcal (19.49%), Fat: 19.48g (29.97%), Saturated Fat: 7.9g (49.38%), Carbohydrates: 50.36g (16.79%), Net Carbohydrates: 48.35g (17.58%), Sugar: 27.65g (30.73%), Cholesterol: 41.28mg (13.76%), Sodium: 259.14mg

(11.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.7%), Manganese: 0.73mg (36.46%), Selenium: 13.65µg (19.5%), Vitamin B1: 0.21mg (13.86%), Copper: 0.19mg (9.51%), Folate: 35.65µg (8.91%), Phosphorus: 88.66mg (8.87%), Fiber: 2g (8.02%), Vitamin A: 379.18IU (7.58%), Vitamin B2: 0.11mg (6.47%), Zinc: 0.94mg (6.23%), Magnesium: 24.21mg (6.05%), Calcium: 51.06mg (5.11%), Vitamin B5: 0.48mg (4.82%), Vitamin B3: 0.83mg (4.15%), Vitamin E: 0.61mg (4.06%), Iron: 0.72mg (3.98%), Potassium: 131.98mg (3.77%), Vitamin B6: 0.07mg (3.39%), Vitamin B12: 0.14µg (2.28%), Vitamin D: 0.24µg (1.58%), Vitamin K: 1.47µg (1.4%)