



WHATSheATE



Caramel-Pecan Sticky Rolls (lighter)

READY IN



195 min.

SERVINGS



15

CALORIES



228 kcal

Ingredients

- ☐ 3.5 cups flour all-purpose for flour
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon salt
- ☐ 2 packages yeast dry quick
- ☐ 1 cup milk (120°F to 130°F)
- ☐ 0.3 cup butter softened
- ☐ 1 eggs
- ☐ 2 tablespoons butter softened
- ☐ 0.5 cup pecans chopped
- ☐ 0.3 cup granulated sugar packed

- ☐ 1 teaspoon ground cinnamon

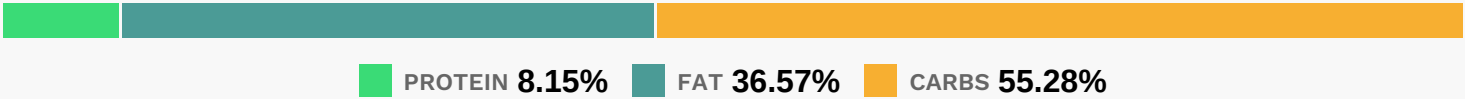
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ rolling pin

Directions

- ☐ Mix 2 cups of the flour, 1/3 cup granulated sugar, the salt and yeast in large bowl.
- ☐ Add warm milk, 1/3 cup margarine and the 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 to make dough easy to handle.
- ☐ Turn dough onto lightly floured surface. Knead about 5 minutes or until smooth and elastic.
- ☐ Place in greased bowl and turn greased side up. Cover and let rise in warm place about 1 hour 30 minutes or until double. Dough is ready if indentation remains when touched.
- ☐ Grease bottom and sides of rectangular pan, 13x9x2 inches. Punch down dough. Flatten with hands or rolling pin into rectangle, 15x10 inches, on lightly floured surface.
- ☐ Spread with 2 tablespoons margarine.
- ☐ Mix pecans, 1/4 cup granulated sugar and the cinnamon; sprinkle evenly over margarine.
- ☐ Roll rectangle up tightly, beginning at 15-inch side. Pinch edge of dough into roll to seal. Stretch and shape until even.
- ☐ Cut roll into fifteen 1-inch slices.
- ☐ Place slightly apart in pan. Cover and let rise in warm place about 30 minutes or until double.
- ☐ Heat oven to 350°F.
- ☐ Bake 30 to 35 minutes or until golden brown.
- ☐ Remove from pan to wire rack. Cool 10 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:21.84, Inflammation Score:-4, Nutrition Score:7.0073914427472%

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: 228.23kcal (11.41%), Fat: 9.36g (14.4%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 31.84g (10.61%), Net Carbohydrates: 30.39g (11.05%), Sugar: 8.78g (9.76%), Cholesterol: 12.86mg (4.29%), Sodium: 231.7mg (10.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.39%), Vitamin B1: 0.37mg (24.44%), Manganese: 0.39mg (19.54%), Folate: 77.47µg (19.37%), Selenium: 11.36µg (16.23%), Vitamin B2: 0.23mg (13.3%), Vitamin B3: 2.16mg (10.81%), Iron: 1.53mg (8.52%), Phosphorus: 71.42mg (7.14%), Vitamin A: 291.83IU (5.84%), Fiber: 1.46g (5.83%), Copper: 0.09mg (4.65%), Vitamin B5: 0.4mg (3.97%), Zinc: 0.55mg (3.67%), Magnesium: 13.91mg (3.48%), Calcium: 32.43mg (3.24%), Vitamin B6: 0.05mg (2.51%), Potassium: 87.13mg (2.49%), Vitamin E: 0.32mg (2.16%), Vitamin B12: 0.12µg (2.03%), Vitamin D: 0.24µg (1.58%)