



Caramel Pull-Apart Biscuits

READY IN



60 min.

SERVINGS



12

CALORIES



207 kcal

DESSERT

Ingredients

- ☐ 12 oz biscuits refrigerated canned (10 Count)
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup whipping cream
- ☐ 1 teaspoon ground cinnamon

Equipment

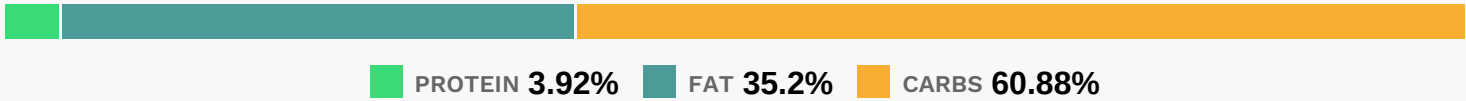
- ☐ bowl
- ☐ frying pan
- ☐ oven

☐ cake form

Directions

- ☐ Heat oven to 350°F. Spray 12-cup star-shaped or regular fluted tube cake pan with cooking spray. Separate each can of biscuit dough into 10 biscuits; cut each biscuit into fourths.
- ☐ Layer biscuits in pan.
- ☐ In small bowl, mix remaining ingredients; pour over biscuits.
- ☐ Bake 30 to 35 minutes or until golden brown. Immediately turn pan upside down onto heatproof plate; let pan remain over biscuits 5 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:8.7, Inflammation Score:-2, Nutrition Score:3.6613043604986%

Nutrients (% of daily need)

Calories: 207.27kcal (10.36%), Fat: 8.26g (12.71%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 32.15g (10.72%), Net Carbohydrates: 31.69g (11.52%), Sugar: 19.06g (21.18%), Cholesterol: 11.49mg (3.83%), Sodium: 274.88mg (11.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Phosphorus: 128.49mg (12.85%), Selenium: 5.85µg (8.36%), Vitamin B1: 0.12mg (8.2%), Manganese: 0.15mg (7.6%), Iron: 1.09mg (6.05%), Vitamin B2: 0.1mg (5.97%), Folate: 20.43µg (5.11%), Vitamin B3: 0.98mg (4.9%), Calcium: 37.32mg (3.73%), Vitamin E: 0.47mg (3.13%), Vitamin A: 146.83IU (2.94%), Potassium: 98.03mg (2.8%), Fiber: 0.46g (1.83%), Magnesium: 7.26mg (1.82%), Copper: 0.03mg (1.69%), Vitamin K: 1.53µg (1.46%), Vitamin B5: 0.14mg (1.35%), Vitamin B6: 0.02mg (1.23%), Zinc: 0.17mg (1.12%), Vitamin D: 0.16µg (1.06%)