



Caramel Rolls

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



12

CALORIES



162 kcal

Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup butter
- 36 cashew pieces
- 0.5 cup water cold
- 2 tablespoons butter softened
- 0.3 cup brown sugar packed
- 0.5 teaspoon ground cinnamon
- 2 cups frangelico

Equipment

- frying pan
- oven
- muffin liners

Directions

- Heat oven to 450°F.
- Place 2 teaspoons brown sugar, 2 teaspoons butter and 3 pecan halves in each of 12 regular-size muffin cups; place in oven until melted.
- Stir Bisquick and cold water until soft dough forms; beat vigorously 20 strokes. Gently smooth dough into ball on surface sprinkled with Bisquick. Knead 5 times.
- Roll dough into rectangle, 15x9 inches.
- Spread rectangle with 2 tablespoons butter; sprinkle with 1/4 cup brown sugar and the cinnamon.
- Roll up tightly, beginning at 15-inch side; pinch edge of dough into roll to seal.
- Cut into twelve 1 1/4-inch slices.
- Place slices in muffin cups.
- Bake about 10 minutes or until golden brown. Immediately turn pan upside down onto heatproof serving plate. Leave pan over rolls a minute.

Nutrition Facts

PROTEIN 2.26% **FAT 61.77%** **CARBS 35.97%**

Properties

Glycemic Index:2.52, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:1.9073912752387%

Nutrients (% of daily need)

Calories: 162.12kcal (8.11%), Fat: 11.47g (17.64%), Saturated Fat: 2.32g (14.5%), Carbohydrates: 15.02g (5.01%), Net Carbohydrates: 14.83g (5.39%), Sugar: 13.61g (15.12%), Cholesterol: 0mg (0%), Sodium: 116.09mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.89%), Vitamin A: 422.03IU (8.44%), Copper: 0.11mg (5.35%), Manganese: 0.1mg (4.89%), Magnesium: 14.88mg (3.72%), Phosphorus: 30mg (3%), Vitamin E: 0.41mg (2.72%), Iron: 0.41mg (2.25%), Zinc: 0.27mg (1.78%), Calcium: 17.75mg (1.77%), Potassium: 53.3mg (1.52%), Selenium: 1.06µg (1.52%), Vitamin K: 1.56µg (1.49%), Vitamin B1: 0.02mg (1.35%), Vitamin B6: 0.03mg (1.28%)