



Christmas Morning Sticky Buns

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



473 kcal

Ingredients

- ☐ 25 ounce roll dough frozen thawed
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 3.4 ounce butterscotch pudding mix instant
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.5 cup pecans chopped

Equipment

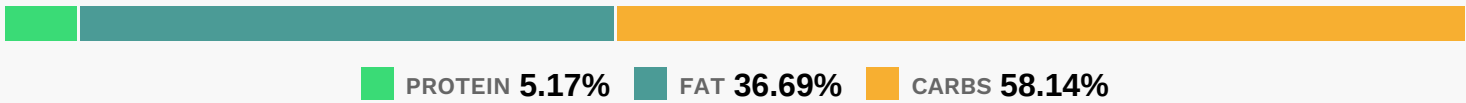
- ☐ frying pan
- ☐ oven

☐ kugelhopf pan

Directions

- ☐ Sprinkle pecans in the bottom of a buttered 12-cup Bundt pan.
- ☐ Arrange dough in pan; sprinkle with dry pudding mix.
- ☐ Stir together butter, brown sugar, and cinnamon; pour over rolls. Cover and chill 8 hours.
- ☐ Bake at 350 for 30 minutes or until golden brown. Invert onto a serving plate, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:2.9073913207521%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 473.15kcal (23.66%), Fat: 18.97g (29.19%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 67.64g (22.55%), Net Carbohydrates: 65.09g (23.67%), Sugar: 23.17g (25.75%), Cholesterol: 0mg (0%), Sodium: 630.82mg (27.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.03%), Manganese: 0.35mg (17.45%), Vitamin A: 511.86IU (10.24%), Fiber: 2.55g (10.21%), Copper: 0.09mg (4.57%), Vitamin E: 0.54mg (3.6%), Vitamin B1: 0.05mg (3.09%), Magnesium: 10.02mg (2.5%), Phosphorus: 23.04mg (2.3%), Calcium: 22.92mg (2.29%), Zinc: 0.32mg (2.12%), Iron: 0.3mg (1.64%), Potassium: 55.4mg (1.58%), Vitamin B6: 0.02mg (1.08%)