



## Cinnamon Bun Bars

READY IN



100 min.

SERVINGS



24

CALORIES



187 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 box cake mix yellow
- 0.3 cup butter melted
- 1 tablespoon milk
- 2 eggs
- 0.8 cup brown sugar packed
- 0.3 cup butter melted
- 0.8 cup pecans chopped
- 1.5 teaspoons ground cinnamon
- 0.3 cup mrs richardson's butterscotch caramel sauce

## Equipment

- bowl
- frying pan
- oven
- knife
- hand mixer

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease or spray 13x9-inch pan.
- In large bowl, beat cake mix, 1/3 cup butter, the milk and eggs with electric mixer on medium speed about 1 minute or until blended.
- Spread evenly in pan.
- Bake 8 minutes. Meanwhile, in medium bowl, mix brown sugar, 1/3 cup butter, the pecans and cinnamon. Crumble sugar mixture on partially baked crust to within 1/2 inch of edges.
- Drizzle caramel topping over sugar mixture to within 1/2 inch of edges.
- Bake 23 to 26 minutes longer (25 to 28 minutes for dark or nonstick pan) or until golden brown and slightly puffed throughout. Loosen edges with knife. Cool 30 minutes.
- Serve warm or cool. For bars, cut into 6 rows by 4 rows. Store covered.

## Nutrition Facts



**PROTEIN 3.55%** **FAT 40.16%** **CARBS 56.29%**

## Properties

Glycemic Index:6.38, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:3.1708695917674%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg 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: 186.85kcal (9.34%), Fat: 8.54g (13.13%), Saturated Fat: 3.93g (24.55%), Carbohydrates: 26.92g (8.97%), Net Carbohydrates: 26.27g (9.55%), Sugar: 17.97g (19.97%), Cholesterol: 27.27mg (9.09%), Sodium: 215.45mg (9.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.39%), Manganese: 0.22mg (11.16%), Phosphorus: 87.2mg (8.72%), Calcium: 60.67mg (6.07%), Vitamin B1: 0.07mg (4.96%), Folate: 17.45µg (4.36%), Vitamin B2: 0.07mg (4.35%), Vitamin A: 183.49IU (3.67%), Iron: 0.66mg (3.66%), Copper: 0.06mg (3.13%), Selenium: 2.1µg (3%), Vitamin E: 0.44mg (2.9%), Vitamin B3: 0.55mg (2.77%), Fiber: 0.65g (2.61%), Magnesium: 7.77mg (1.94%), Vitamin B5: 0.19mg (1.88%), Zinc: 0.27mg (1.82%), Vitamin B6: 0.03mg (1.68%), Potassium: 43.36mg (1.24%), Vitamin B12: 0.07µg (1.23%), Vitamin K: 1.24µg (1.18%)