



Cinnamon-Pecan Rolls



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



1

CALORIES



2909 kcal

Ingredients

- ☐ 1 cup firmly brown sugar light packed
- ☐ 0.5 cup butter softened
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 tablespoons milk
- ☐ 1 cup pecans chopped
- ☐ 1 cup powdered sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 16 oz roll mix hot
- ☐ 16 oz roll mix hot

Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 5 to 7 minutes or until toasted and fragrant, stirring halfway through.
- ☐ Prepare hot roll dough as directed on back of package; let dough stand 5 minutes.
- ☐ Roll dough into a 15- x 10-inch rectangle; spread with softened butter. Stir together brown sugar and cinnamon; sprinkle over butter.
- ☐ Sprinkle pecans over brown sugar mixture.
- ☐ Roll up tightly, starting at one long end; cut into 12 slices.
- ☐ Place rolls, cut sides down, in a lightly greased 12-inch cast-iron skillet or 13- x 9-inch pan. Cover loosely with plastic wrap and a cloth towel; let rise in a warm place (85), free from drafts, 30 minutes or until doubled in bulk.
- ☐ Preheat oven to 37
- ☐ Uncover rolls, and bake for 20 to 25 minutes or until center rolls are golden brown and done.
- ☐ Let cool in pan on a wire rack 10 minutes. Stir together powdered sugar, milk, and vanilla; drizzle over rolls.
- ☐ Note: We tested with Pillsbury Specialty
- ☐ Mix Hot
- ☐ Roll
- ☐ Mix.

Nutrition Facts



 PROTEIN **1.64%**  FAT **51.17%**  CARBS **47.19%**

Properties

Glycemic Index:103, Glycemic Load:1.09, Inflammation Score:-9, Nutrition Score:28.57043477245%

Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg

Nutrients (% of daily need)

Calories: 2909.19kcal (145.46%), Fat: 171.54g (263.91%), Saturated Fat: 65.65g (410.3%), Carbohydrates: 355.93g (118.64%), Net Carbohydrates: 343.34g (124.85%), Sugar: 337.19g (374.66%), Cholesterol: 247.63mg (82.54%), Sodium: 805.97mg (35.04%), Alcohol: 1.38g (100%), Alcohol %: 0.29% (100%), Protein: 12.37g (24.74%), Manganese: 5.76mg (287.98%), Copper: 1.44mg (71.83%), Vitamin A: 2957.81IU (59.16%), Fiber: 12.59g (50.35%), Vitamin B1: 0.74mg (49.55%), Magnesium: 160.44mg (40.11%), Phosphorus: 371.07mg (37.11%), Calcium: 364.76mg (36.48%), Zinc: 5.32mg (35.46%), Vitamin E: 4.27mg (28.45%), Iron: 4.75mg (26.4%), Potassium: 837.3mg (23.92%), Vitamin B6: 0.35mg (17.41%), Vitamin B5: 1.48mg (14.84%), Vitamin B2: 0.25mg (14.7%), Selenium: 9.33µg (13.33%), Vitamin K: 13.1µg (12.47%), Vitamin B3: 1.67mg (8.33%), Folate: 29.83µg (7.46%), Vitamin B12: 0.35µg (5.92%), Vitamin D: 0.33µg (2.2%), Vitamin C: 1.35mg (1.64%)