



Cinnamon pecan sticky buns

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



867 kcal

Ingredients

- 450 g strong flour white
- 50 g caster sugar
- 85 g butter cut into small pieces
- 7 g sachet yeast dried
- 2 eggs beaten
- 150 ml full-fat milk
- 8 servings vegetable oil for greasing
- 2 tsp ground cinnamon
- 85 g brown sugar light

- 100 g pecan
- 125 g butter melted
- 125 ml maple syrup
- 50 g brown sugar light
- 100 g pecan roughly chopped

Equipment

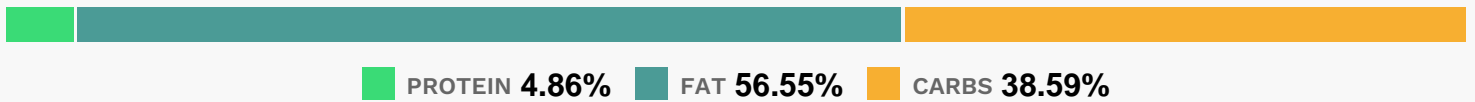
- food processor
- bowl
- oven
- mixing bowl
- blender
- baking pan
- kitchen towels
- rolling pin

Directions

- Place the flour, sugar and 1 tsp salt in a mixing bowl, then rub in the pieces of butter until the mix has the texture of breadcrumbs. Tip in the yeast and eggs.
- Pour in the milk and mix well until you get a soft dough (you may need to add a little more milk). Knead in a mixer with a dough hook for 7 mins or by hand for about 15 mins until the dough is smooth, soft and springy. Tip into a lightly oiled bowl, cover with oiled cling film or a clean tea towel, then leave to rise in a warm place for about 1 hr or until doubled in size.
- Make the filling: place the cinnamon, sugar and pecans in a food processor, then whizz until the nuts are finely ground. Punch down the dough and knead to knock out the air, then split the dough in two.
- Roll and stretch each piece to form a 25 x 35cm rectangle.
- Melt the butter for the topping.
- Brush half all over each rectangle, then sprinkle half the filling mixture over each. Use a rolling pin to press the filling into the dough. Tightly roll each rectangle up from one of the long ends to get a thick log, then pinch the ends together to seal.

- Cut each log into 8 pieces. Can be frozen for up to 1 month.
- Brush two 20 x 30cm deep baking trays with melted butter.
- Mix the maple syrup and sugar into the remaining butter, then pour this over the bottom of each baking tray, swirling around so it is coated.
- Sprinkle with the pecans.
- Place the rolls on the tray, leaving a gap of at least 2cm around each roll. Cover with lightly oiled cling film, then keep in a warm place for about 30 mins until lightly risen.
- Heat oven to 180C/fan 160C/gas
- Remove the cling film from the tray, then bake for 30 mins until the buns are lightly browned and feel firm.
- Serve warm, sticky-side-up.

Nutrition Facts



Properties

Glycemic Index:43.07, Glycemic Load:41.11, Inflammation Score:-7, Nutrition Score:20.975217513416%

Flavonoids

Cyanidin: 2.68mg, Cyanidin: 2.68mg, Cyanidin: 2.68mg, Cyanidin: 2.68mg Delphinidin: 1.82mg, Delphinidin: 1.82mg, Delphinidin: 1.82mg, Delphinidin: 1.82mg Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg Epigallocatechin: 1.41mg, Epigallocatechin: 1.41mg, Epigallocatechin: 1.41mg, Epigallocatechin: 1.41mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg

Nutrients (% of daily need)

Calories: 866.86kcal (43.34%), Fat: 55.6g (85.54%), Saturated Fat: 17.97g (112.34%), Carbohydrates: 85.39g (28.46%), Net Carbohydrates: 80.89g (29.41%), Sugar: 37.49g (41.66%), Cholesterol: 99.68mg (33.23%), Sodium: 200.09mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.75g (21.49%), Manganese: 2.13mg (106.45%), Vitamin B1: 0.73mg (48.9%), Vitamin B2: 0.7mg (41.34%), Selenium: 24.35µg (34.79%), Folate: 135.08µg (33.77%), Vitamin K: 28.92µg (27.55%), Iron: 3.66mg (20.35%), Vitamin B3: 4.05mg (20.25%), Copper: 0.4mg (20.18%), Phosphorus: 184.28mg (18.43%), Fiber: 4.5g (18%), Vitamin A: 762.63IU (15.25%), Vitamin E: 2.28mg (15.19%), Magnesium: 53.64mg (13.41%), Zinc: 2.01mg (13.38%), Calcium: 106.21mg (10.62%), Vitamin B5: 0.87mg (8.74%), Potassium: 294.75mg (8.42%), Vitamin B6: 0.13mg (6.48%), Vitamin B12: 0.25µg (4.13%), Vitamin D: 0.43µg (2.88%)