



Cinnamon-Raisin Sticky Buns

READY IN



28 min.

SERVINGS



9

CALORIES



110 kcal

Ingredients

- ☐ 1 ounce bread dough rolls frozen thawed (such as Rich's)
- ☐ 2 tablespoons plus dark
- ☐ 0.3 cup evaporated milk fat-free
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup brown sugar light packed
- ☐ 2 tablespoons butter light
- ☐ 0.3 cup raisins

Equipment

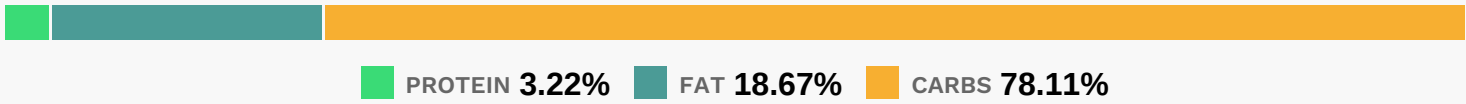
- ☐ frying pan

- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave
- ☐ kugelhkopf pan

Directions

- ☐ Coat a Bundt pan or an 8-inch square baking pan with cooking spray.
- ☐ Sprinkle raisins in bottom of pan. Arrange rolls over raisins.
- ☐ Combine milk and remaining 4 ingredients in a 2-cup glass measure. Microwave at HIGH 2 minutes, stirring every 30 seconds until sugar dissolves.
- ☐ Pour over rolls. Cover with plastic wrap; let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size.
- ☐ Preheat oven to 37
- ☐ Bake at 375 for 18 to 20 minutes or until golden. Run a knife around outside edges of pan.
- ☐ Place a plate upside down on top of pan; invert onto plate.

Nutrition Facts



Properties

Glycemic Index:17.09, Glycemic Load:5.68, Inflammation Score:-1, Nutrition Score:1.11695650738222%

Nutrients (% of daily need)

Calories: 109.6kcal (5.48%), Fat: 2.37g (3.64%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 21.79g (7.92%), Sugar: 16.35g (18.17%), Cholesterol: 5.33mg (1.78%), Sodium: 35.87mg (1.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Calcium: 33.4mg (3.34%), Potassium: 86.61mg (2.47%), Manganese: 0.05mg (2.34%), Phosphorus: 20.39mg (2.04%), Vitamin B2: 0.03mg (2.03%), Fiber: 0.49g (1.94%), Iron: 0.3mg (1.67%), Vitamin A: 69.88IU (1.4%), Copper: 0.03mg (1.3%), Magnesium: 5mg (1.25%)