



Cranberry Pecan Buns

 Vegetarian

READY IN



42 min.

SERVINGS



12

CALORIES



211 kcal

BREAD

Ingredients

- 2 tablespoons butter melted
- 0.5 cup cranberries dried (such as Craisins)
- 2.3 teaspoons yeast dry
- 2.8 cups flour all-purpose
- 1 tablespoon granulated sugar
- 3 tablespoons granulated sugar
- 1 teaspoon ground cinnamon
- 3 tablespoons pecans finely chopped

- 0.8 cup powdered sugar
- 1 teaspoon salt
- 1 tablespoon vegetable oil
- 1 cup warm water (100° to 110°)
- 5 teaspoons water hot

Equipment

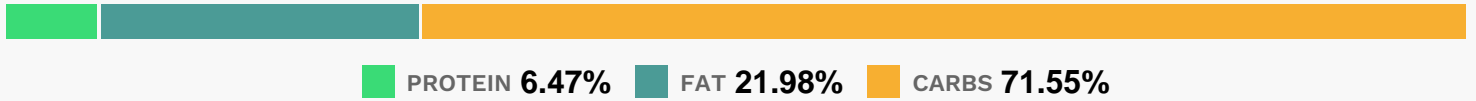
- bowl
- frying pan
- oven
- knife
- wire rack
- baking pan
- measuring cup

Directions

- Dissolve yeast and sugar in warm water in a small bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- Combine yeast mixture, flour, oil, and salt in a large bowl; stir until a soft dough forms.
- Turn dough out onto a lightly floured surface and knead until smooth and elastic.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until dough has doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)
- Punch dough down; roll into a 12 x 10- inch rectangle on a lightly floured surface.
- Brush with butter.
- Combine sugar and cinnamon; sprinkle evenly over dough. Top with dried cranberries and finely chopped pecans.
- Beginning with a long side, roll up jelly roll fashion; pinch seam to seal (do not seal ends of roll).

- Place a long string or dental floss under roll; slowly pull ends to cut through dough. Arrange 12 slices, cut sides down, in a 9-inch square baking pan coated with cooking spray. Cover and let rise 25 minutes or until doubled in size.
- Preheat oven to 37
- Bake at 375 for 29 minutes or until golden brown. Cool 15 minutes in pan on a wire rack.
- Combine 3/4 cup powdered sugar and 5 teaspoons hot water in a small bowl; stir until smooth.
- Drizzle over buns.

Nutrition Facts



Properties

Glycemic Index:23.35, Glycemic Load:18.62, Inflammation Score:-3, Nutrition Score:5.6095652530051%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 210.73kcal (10.54%), Fat: 5.22g (8.03%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 38.23g (12.74%), Net Carbohydrates: 36.71g (13.35%), Sugar: 15.18g (16.86%), Cholesterol: 5.02mg (1.67%), Sodium: 211.21mg (9.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin B1: 0.31mg (20.42%), Manganese: 0.35mg (17.66%), Folate: 66.7µg (16.68%), Selenium: 9.98µg (14.26%), Vitamin B2: 0.17mg (10.15%), Vitamin B3: 1.99mg (9.93%), Iron: 1.45mg (8.04%), Fiber: 1.53g (6.11%), Phosphorus: 42.65mg (4.26%), Copper: 0.08mg (4.1%), Vitamin K: 2.86µg (2.72%), Magnesium: 10.21mg (2.55%), Zinc: 0.37mg (2.49%), Vitamin B5: 0.24mg (2.4%), Vitamin E: 0.31mg (2.06%), Potassium: 50.49mg (1.44%), Vitamin B6: 0.03mg (1.44%), Vitamin A: 60.2IU (1.2%)