

Cranberry Sticky Buns

 Vegetarian

READY IN



55 min.

SERVINGS



18

CALORIES



185 kcal

BREAD

Ingredients

- 0.3 ounce yeast dry
- 0.5 cup brown sugar packed
- 2 tablespoons butter melted
- 0.5 cup cranberries fresh chopped
- 2 eggs
- 4 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 cup milk

- 1 teaspoon salt
- 0.3 cup sugar
- 0.5 cup walnut pieces chopped

Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- In a bowl, combine 2 cups flour and yeast. In a saucepan, heat sugar, butter, salt and milk to 120°–130°.
- Add to dry ingredients; beat on low speed for 30 seconds.
- Add eggs; beat on high for 3 minutes. Beat in remaining flour. Turn onto a floured surface; knead until smooth and elastic, about 6–8 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- In a saucepan, combine the first four topping ingredients; cook and stir over low heat until brown sugar is dissolved and butter is melted. Stir in walnuts.
- Spread into two greased 9-in. square baking pans; set aside.
- Punch dough down; divide in half.
- Roll each portion into an 18-in. x 6-in. rectangle; brush with butter.
- Combine filling ingredients; sprinkle over dough to within 1/2 in. of edges.
- Roll up jelly-roll style, starting with a long side; pinch seam to seal.
- Cut each roll into nine slices; place cut side down over topping and flatten slightly. Cover and let rise until doubled, about 1 hour.
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- Roll up jelly-roll style, starting with a long side; pinch seam to seal.
- Cut each roll into nine slices; place cut side down over topping and flatten slightly. Cover and let rise until doubled, about 1 hour.
- Bake at 375° for 10 minutes. Reduce heat to 350°; bake 15 minutes longer or until golden brown. Immediately invert onto serving plates.

Nutrition Facts



■ **PROTEIN 9.92%**
■ **FAT 22.2%**
■ **CARBS 67.88%**

Properties

Glycemic Index:16.84, Glycemic Load:17.67, Inflammation Score:-3, Nutrition Score:6.1108694581882%

Flavonoids

Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.37mg, Peonidin: 1.37mg, Peonidin: 1.37mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 185.26kcal (9.26%), Fat: 4.59g (7.07%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 31.61g (10.54%), Net Carbohydrates: 30.41g (11.06%), Sugar: 9.65g (10.72%), Cholesterol: 23.16mg (7.72%), Sodium: 153.91mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Vitamin B1: 0.28mg (18.83%), Folate: 65.67µg (16.42%), Selenium: 11.48µg (16.39%), Manganese: 0.33mg (16.38%), Vitamin B2: 0.2mg (11.8%), Vitamin B3: 1.86mg (9.32%), Iron: 1.53mg (8.53%), Phosphorus: 68.08mg (6.81%), Copper: 0.1mg (5.1%), Fiber: 1.2g (4.81%), Magnesium: 14.46mg (3.61%), Vitamin B5: 0.34mg (3.37%), Calcium: 33.21mg (3.32%), Zinc: 0.45mg (3.01%), Vitamin B6: 0.06mg (2.82%), Potassium: 85.94mg (2.46%), Vitamin B12: 0.12µg (1.99%), Vitamin A: 89.71IU (1.79%), Vitamin D: 0.25µg (1.65%), Vitamin E: 0.17mg (1.14%)