



## Currant Pecan Rolls

READY IN



30 min.

SERVINGS



30

CALORIES



145 kcal

### Ingredients

- ☐ 2 packages active yeast dry
- ☐ 3 tablespoons bread flour
- ☐ 5 cups bread flour divided
- ☐ 1.3 cups firmly brown sugar divided packed
- ☐ 0.3 cup currants
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon butter melted
- ☐ 0.3 cup pecans chopped
- ☐ 0.5 cup potatoes cooked mashed
- ☐ 1 teaspoon salt

- ☐ 0.3 cup evaporated skimmed milk
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups warm water (105° to 115°)

## Equipment

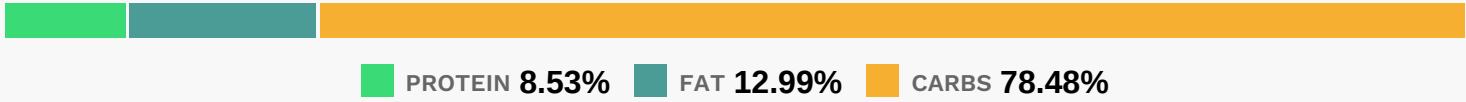
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ hand mixer

## Directions

- ☐ Combine yeast and warm water; let stand 5 minutes.
- ☐ Combine yeast mixture, 1/4 cup sugar, and salt.
- ☐ Add 2 cups flour, potato, and oil; beat at medium speed of an electric mixer until well blended. Stir in enough of the remaining 3 cups flour to make a soft dough.
- ☐ Sprinkle 3 tablespoons flour over work surface. Turn dough out; knead until smooth and elastic (about 8 minutes).
- ☐ Place in a bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Punch dough down; roll to a 24- x 6-inch rectangle.
- ☐ Brush with margarine.
- ☐ Combine 1/2 cup brown sugar and cinnamon; sprinkle over dough.
- ☐ Roll up, starting at long side. Pinch seam to seal (do not seal ends).
- ☐ Cut into 16 (1 1/2-inch) slices.
- ☐ Spoon remaining 3/4 cup brown sugar into a 13- x 9- x 2-inch baking dish coated with cooking spray.
- ☐ Sprinkle currants and pecans over sugar.
- ☐ Place slices over sugar.

- ☐ Pour milk around rolls. Cover and let rise in a warm place, free from drafts, 30 minutes or until doubled in bulk.
- ☐ Bake at 375 for 30 minutes or until done.
- ☐ Let cool 2 minutes.

## Nutrition Facts



### Properties

Glycemic Index:12.04, Glycemic Load:12.07, Inflammation Score:-1, Nutrition Score:3.0408695437338%

### Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 144.66kcal (7.23%), Fat: 2.11g (3.24%), Saturated Fat: 0.28g (1.77%), Carbohydrates: 28.67g (9.56%), Net Carbohydrates: 27.72g (10.08%), Sugar: 11.83g (13.15%), Cholesterol: 0.08mg (0.03%), Sodium: 87.98mg (3.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.23%), Manganese: 0.26mg (12.86%), Selenium: 8.83µg (12.61%), Vitamin B1: 0.08mg (5.57%), Folate: 19.17µg (4.79%), Fiber: 0.94g (3.77%), Copper: 0.07mg (3.58%), Phosphorus: 34.22mg (3.42%), Vitamin B3: 0.49mg (2.47%), Magnesium: 9.85mg (2.46%), Vitamin B2: 0.04mg (2.39%), Potassium: 75.39mg (2.15%), Zinc: 0.31mg (2.06%), Iron: 0.36mg (2.02%), Vitamin B5: 0.2mg (2.01%), Vitamin B6: 0.04mg (1.9%), Calcium: 18.59mg (1.86%), Vitamin E: 0.16mg (1.06%), Vitamin K: 1.08µg (1.03%)