



## Easy Caramel Rolls



Gluten Free



Popular

READY IN



475 min.

SERVINGS



12

CALORIES



573 kcal

### Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 0.3 cup plus
- ☐ 3 tablespoons whipping cream
- ☐ 0.8 cup cashew pieces
- ☐ 36.5 oz cream cheese frosting frozen with cream cheese frosting (12 rolls)

### Equipment

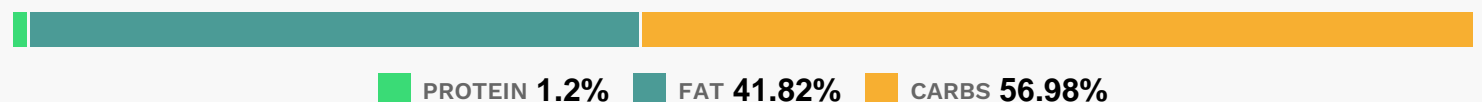
- ☐ frying pan
- ☐ sauce pan

- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ aluminum foil

## Directions

- ☐ In 1-quart saucepan, heat brown sugar and butter to boiling, stirring constantly.
- ☐ Remove from heat. Stir in corn syrup and whipping cream.
- ☐ Heat to boiling.
- ☐ Remove from heat; cool 5 minutes.
- ☐ Spray bottom and sides of 13x9-inch pan with cooking spray.
- ☐ Pour caramel mixture evenly over bottom of pan.
- ☐ Sprinkle with pecans.
- ☐ Place frozen rolls in 4 rows by 3 rows evenly on caramel-pecan mixture. Cover with plastic wrap generously sprayed with cooking spray. (Save frosting packet for another use.)
- ☐ Refrigerate rolls 5 hours or overnight to let dough rise.
- ☐ About 2 3/4 hours before serving rolls, remove rolls from refrigerator and place pan on cooling rack.
- ☐ Let rolls continue to rise at room temperature about 2 hours or until almost double in size (actual rising time depends on temperature of kitchen).
- ☐ Heat oven to 375°F. Carefully remove plastic wrap from rolls. Cover pan with foil.
- ☐ Bake 20 minutes; remove foil.
- ☐ Bake 15 to 20 minutes longer or until rolls are deep golden brown. Immediately place heatproof serving plate or tray upside down on pan; carefully turn plate and pan over. Leave pan over rolls 1 minute; remove pan.
- ☐ Serve warm.

## Nutrition Facts



# Properties

Glycemic Index:3.68, Glycemic Load:1.58, Inflammation Score:-3, Nutrition Score:3.1026087173301%

## Nutrients (% of daily need)

Calories: 572.97kcal (28.65%), Fat: 27.44g (42.21%), Saturated Fat: 6.99g (43.68%), Carbohydrates: 84.12g (28.04%), Net Carbohydrates: 83.85g (30.49%), Sugar: 78.62g (87.35%), Cholesterol: 4.24mg (1.41%), Sodium: 265.41mg (11.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Copper: 0.2mg (10.16%), Vitamin A: 393.45IU (7.87%), Manganese: 0.16mg (7.82%), Magnesium: 27.53mg (6.88%), Phosphorus: 55.48mg (5.55%), Iron: 0.81mg (4.5%), Zinc: 0.53mg (3.53%), Selenium: 2.42µg (3.45%), Potassium: 115.38mg (3.3%), Vitamin K: 2.87µg (2.73%), Calcium: 27.02mg (2.7%), Vitamin E: 0.4mg (2.67%), Vitamin B1: 0.04mg (2.67%), Vitamin B6: 0.04mg (2.17%), Vitamin B2: 0.02mg (1.2%), Vitamin B5: 0.11mg (1.13%), Fiber: 0.27g (1.06%)