



Easy Caramel Sticky Buns

READY IN



35 min.

SERVINGS



35

CALORIES



64 kcal

Ingredients

- 16 caramels kraft
- 1 tsp ground cinnamon
- 2 Tbsp milk
- 0.8 cup planters pecans divided chopped
- 2 Tbsp raisins
- 8 oz crescent dinner rolls refrigerated canned
- 0.3 cup sugar

Equipment

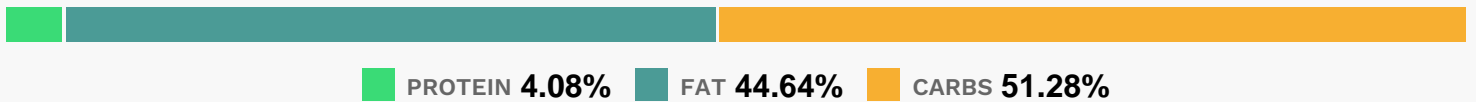
- bowl

- frying pan
- oven
- microwave

Directions

- Heat oven to 375F.
- Microwave caramels and milk in microwaveable bowl on HIGH 1-1/2 to 2 min. or until caramels are completely melted, stirring after each minute.
- Pour into 8-inch round pan sprayed with cooking spray; top with 1/2 cup nuts.
- Unroll crescent roll dough; separate into 2 rectangles. Press perforations in each rectangle together to seal.
- Mix remaining nuts, sugar, cinnamon and raisins; sprinkle over dough.
- Roll up each rectangle, jelly-roll fashion, starting at one short end; cut into 4 slices.
- Place, cut sides down, in prepared pan. (
- Sprinkle with any sugar mixture that may have fallen out of rolls.)
- Bake 17 to 20 min. or until lightly browned. Immediately invert pan onto plate; remove pan.
- Spread any caramel from pan over buns. Cool slightly.

Nutrition Facts



Properties

Glycemic Index:7.05, Glycemic Load:3.67, Inflammation Score:-1, Nutrition Score:0.82869566183375%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 63.54kcal (3.18%), Fat: 3.33g (5.12%), Saturated Fat: 0.85g (5.28%), Carbohydrates: 8.6g (2.87%), Net Carbohydrates: 8.3g (3.02%), Sugar: 5.2g (5.77%), Cholesterol: 0.42mg (0.14%), Sodium: 62.65mg (2.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.37%), Manganese: 0.11mg (5.57%), Copper: 0.03mg (1.46%), Vitamin B1: 0.02mg (1.34%), Phosphorus: 12.64mg (1.26%), Fiber: 0.3g (1.21%), Vitamin B2: 0.02mg (1.03%)