



Easy Caramel Sticky Rolls

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



367 kcal

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons granulated sugar
- ☐ 11 oz breadsticks refrigerated soft canned
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup heavy whipping cream
- ☐ 0.3 cup pecans chopped

Equipment

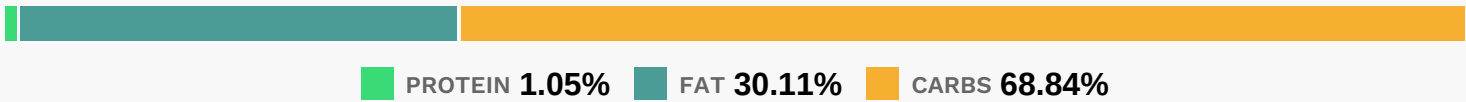
- ☐ bowl
- ☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 350F. In ungreased 8-inch round pan, mix brown sugar and whipping cream.
- ☐ Sprinkle with pecans.
- ☐ In small bowl, mix granulated sugar and cinnamon. Unroll breadstick dough, but do not separate into breadsticks.
- ☐ Sprinkle cinnamon-sugar mixture over dough.
- ☐ Roll up dough from short end; separate at perforations.
- ☐ Place coiled dough in pan.
- ☐ Bake 20 to 25 minutes or until golden brown. Cool 1 minute.
- ☐ Place heatproof serving plate upside down onto pan; turn plate and pan over.
- ☐ Let pan remain 1 minute so caramel can drizzle over rolls.

Nutrition Facts



Properties

Glycemic Index:14.18, Glycemic Load:2.82, Inflammation Score:-2, Nutrition Score:3.6739129877609%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 367.14kcal (18.36%), Fat: 12.94g (19.91%), Saturated Fat: 5.68g (35.47%), Carbohydrates: 66.57g (22.19%), Net Carbohydrates: 62.63g (22.78%), Sugar: 24.21g (26.89%), Cholesterol: 22.41mg (7.47%), Sodium: 442.47mg (19.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.03%), Iron: 3.41mg (18.96%), Fiber: 3.94g (15.76%), Manganese: 0.27mg (13.73%), Vitamin A: 295.08IU (5.9%), Calcium: 34.87mg (3.49%), Copper: 0.07mg (3.34%), Vitamin B2: 0.04mg (2.59%), Phosphorus: 25.03mg (2.5%), Vitamin B1: 0.03mg (2.27%), Magnesium:

8.73mg (2.18%), Vitamin D: 0.32µg (2.12%), Potassium: 63.36mg (1.81%), Zinc: 0.27mg (1.77%), Vitamin E: 0.25mg (1.69%), Selenium: 1.02µg (1.46%), Vitamin B6: 0.02mg (1.23%), Vitamin B5: 0.12mg (1.15%)