



## Easy Sticky Buns

 Vegetarian

READY IN



65 min.

SERVINGS



12

CALORIES



477 kcal

### Ingredients

- 3 teaspoons ground cinnamon
- 0.3 cup brown sugar light packed
- 0.7 cup brown sugar light packed
- 0.5 cup pecans chopped
- 1 package puff pastry frozen (17.3-ounces/ 2-sheets)
- 1 cup raisins
- 2 tablespoons butter unsalted cooled melted
- 12 tablespoons butter unsalted at room temperature ()

### Equipment

- bowl
- baking paper
- oven
- hand mixer
- muffin liners
- muffin tray

## Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Place a 12-cup standard muffin tin on a sheet pan lined with parchment paper.
- In the bowl of an electric mixer fitted with the paddle attachment, combine the 12 tablespoons butter and 1/3 cup brown sugar.
- Place 1 rounded tablespoon of the mixture in each of the 12 muffin cups. Distribute the pecans evenly among the 12 muffin cups on top of the butter and sugar mixture.
- Lightly flour a wooden board or stone surface. Unfold 1 sheet of puff pastry with the folds going left to right.
- Brush the whole sheet with the melted butter. Leaving a 1-inch border on the puff pastry, sprinkle each sheet with 1/3 cup of the brown sugar, 1 1/2 teaspoons of the cinnamon, and 1/2 cup of the raisins. Starting with the end nearest you, roll the pastry up snugly like a jelly roll around the filling, finishing the roll with the seam side down. Trim the ends of the roll about 1/2-inch and discard. Slice the roll in 6 equal pieces, each about 1 1/2 inches wide.
- Place each piece, spiral side up, in 6 of the muffin cups. Repeat with the second sheet of puff pastry to make 12 sticky buns.
- Bake for 30 minutes, until the sticky buns are golden to dark brown on top and firm to the touch. Be careful - they're hot! Allow to cool for 5 minutes only, invert the buns onto the parchment paper (ease the filling and pecans out onto the buns with a spoon) and cool completely.

## Nutrition Facts



PROTEIN 3.14%    FAT 58.56%    CARBS 38.3%

## Properties

Glycemic Index:10.82, Glycemic Load:15.09, Inflammation Score:-4, Nutrition Score:6.6678261173808%

## Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

## Nutrients (% of daily need)

Calories: 477.27kcal (23.86%), Fat: 31.85g (49%), Saturated Fat: 12.61g (78.79%), Carbohydrates: 46.87g (15.62%), Net Carbohydrates: 44.77g (16.28%), Sugar: 18.27g (20.3%), Cholesterol: 35.12mg (11.71%), Sodium: 112.04mg (4.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.69%), Manganese: 0.52mg (25.84%), Selenium: 10.51µg (15.01%), Vitamin B1: 0.2mg (13.61%), Vitamin B3: 1.92mg (9.59%), Iron: 1.64mg (9.1%), Vitamin B2: 0.15mg (8.75%), Folate: 33.82µg (8.46%), Fiber: 2.1g (8.38%), Vitamin A: 412.36IU (8.25%), Vitamin K: 8.02µg (7.64%), Copper: 0.15mg (7.27%), Phosphorus: 49.96mg (5%), Potassium: 171.97mg (4.91%), Vitamin E: 0.67mg (4.46%), Magnesium: 17.43mg (4.36%), Calcium: 34.5mg (3.45%), Zinc: 0.45mg (3.03%), Vitamin B6: 0.05mg (2.44%), Vitamin D: 0.25µg (1.63%)