

Easy Sticky Buns

READY IN



80 min.

SERVINGS



12

CALORIES



457 kcal

BREAD

Ingredients

- ☐ 1 cup confectioners' sugar
- ☐ 1.5 cups brown sugar dark
- ☐ 1 cup cherries dried
- ☐ 0.5 tablespoon flour all-purpose
- ☐ 2 tablespoons ground cinnamon
- ☐ 1 juice of orange juiced
- ☐ 1 cup pecans chopped
- ☐ 1 pizza dough store-bought
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup butter unsalted at room temperature
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped

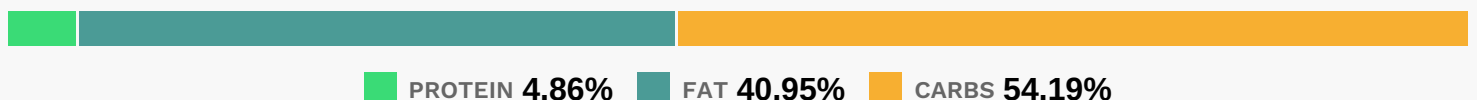
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ kitchen towels

Directions

- ☐ Preheat the oven to 450 degrees F. Spray a 9 by 13-inch baking dish well with canola oil spray.
- ☐ Remove the pizza dough from the fridge, cover with a clean kitchen towel and let come to room temperature for 30 minutes.
- ☐ Place the cherries into a bowl of warm water and let them reconstitute, about 5 minutes.
- ☐ Drain all the water from the cherries and add to the bowl the brown sugar, pecans, walnuts, butter, cinnamon, flour and salt. Stir all until combined.
- ☐ Place the dough out onto a lightly floured surface and roll into a large rectangle about 1/2-inch thick.
- ☐ Spread the filling over the dough, leaving a 1-inch border. Next, roll the dough the same way you would a jellyroll, from one end to the other. Trim off the ends and cut into 12 equal slices.
- ☐ Place the rolls into the baking dish so that there are 3 on the short side and 4 on the long side.
- ☐ Place the rolls into the oven and cook until golden brown, about 15 minutes.
- ☐ Add the confectioners' sugar, orange juice and zest and vanilla extract to a bowl and stir well to combine. When the rolls come out of the oven, drizzle them with the glaze immediately and let cool for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.63, Inflammation Score:-5, Nutrition Score:7.0734782465126%

Flavonoids

Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 457.18kcal (22.86%), Fat: 21.61g (33.24%), Saturated Fat: 6.27g (39.22%), Carbohydrates: 64.33g (21.44%), Net Carbohydrates: 60.63g (22.05%), Sugar: 44.8g (49.77%), Cholesterol: 20.34mg (6.78%), Sodium: 343.43mg (14.93%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 5.77g (11.54%), Manganese: 1mg (49.82%), Fiber: 3.69g (14.76%), Copper: 0.29mg (14.33%), Vitamin A: 615.92IU (12.32%), Iron: 1.9mg (10.54%), Magnesium: 30.5mg (7.63%), Vitamin B1: 0.1mg (6.73%), Phosphorus: 64.32mg (6.43%), Calcium: 64.23mg (6.42%), Zinc: 0.76mg (5.07%), Vitamin B6: 0.09mg (4.36%), Potassium: 135.63mg (3.88%), Folate: 14.26µg (3.57%), Vitamin C: 2.78mg (3.37%), Vitamin E: 0.45mg (2.99%), Selenium: 1.46µg (2.09%), Vitamin B2: 0.04mg (2.08%), Vitamin B5: 0.2mg (1.96%), Vitamin K: 1.67µg (1.59%), Vitamin B3: 0.31mg (1.53%)