



Fig-Walnut Sticky Buns

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



206 kcal

BREAD

Ingredients

- ☐ 0.8 cup brown sugar divided packed
- ☐ 5 tablespoons butter divided melted
- ☐ 2 tablespoons corn syrup dark
- ☐ 2.3 teaspoons yeast dry
- ☐ 0.5 cup figs dried black finely chopped
- ☐ 1.8 cups flour all-purpose divided
- ☐ 2 tablespoons granulated sugar
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 0.3 teaspoon nutmeg
- ☐ 2 tablespoons milk 1% low-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup walnut pieces finely chopped
- ☐ 0.7 cup water (100° to 110°)

Equipment

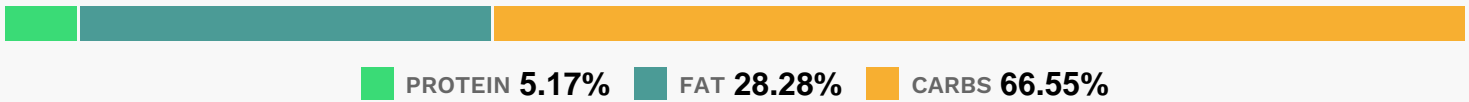
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Dissolve granulated sugar and yeast in 2/3 cup warm water in a small bowl; let mixture stand 5 minutes. Stir in 3 tablespoons melted butter.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine 75 ounces (about 1 1/2 cups) flour, salt, and nutmeg in a large bowl, stirring with a whisk.
- ☐ Add yeast mixture to flour mixture; stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 4 minutes); add enough of the remaining flour, 1 tablespoon at a time, to prevent the dough from sticking to hands.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size.
- ☐ Combine 1/2 cup brown sugar, syrup, and milk in a small saucepan; bring mixture to a boil.
- ☐ Remove pan from heat; stir in figs.

- ☐ Sprinkle walnuts evenly into a 13 x 9inch baking pan coated with cooking spray; spoon fig mixture evenly over nuts in bottom of pan.
- ☐ Combine remaining 1/4 cup brown sugar and cinnamon in a small bowl; set aside.
- ☐ Preheat oven to 37
- ☐ Punch dough down; let rest 5 minutes.
- ☐ Roll dough into a 12 x 10inch rectangle on a lightly floured surface.
- ☐ Brush remaining 2 tablespoons butter over dough, leaving a 1-inch border.
- ☐ Sprinkle dough with cinnamon mixture.
- ☐ Roll up rectangle tightly, starting with long edge, pressing firmly to eliminate air pockets; pinch seam to seal (do not seal ends).
- ☐ Cut into 12 (1-inch-wide) slices.
- ☐ Place slices, cut side up, into pan. (Slices do not fill pan but will once dough rises.) Cover pan with a damp towel; let rise in a warm place (85), free from drafts, 15 minutes or until doubled in size.
- ☐ Bake at 375 for 15 minutes or until buns are lightly browned. Cool buns in pan on a wire rack for 5 minutes.
- ☐ Place a serving platter upside down on top of pan; invert buns onto platter.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:36.76, Glycemic Load:15.05, Inflammation Score:-3, Nutrition Score:4.6308695816475%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 205.66kcal (10.28%), Fat: 6.62g (10.19%), Saturated Fat: 3.21g (20.09%), Carbohydrates: 35.06g (11.69%), Net Carbohydrates: 33.82g (12.3%), Sugar: 20.04g (22.27%), Cholesterol: 12.67mg (4.22%), Sodium: 97.98mg

(4.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.45%), Vitamin B1: 0.22mg (14.92%), Manganese: 0.28mg (13.98%), Folate: 50.4µg (12.6%), Selenium: 6.77µg (9.67%), Vitamin B2: 0.13mg (7.55%), Vitamin B3: 1.4mg (7.01%), Iron: 1.1mg (6.12%), Fiber: 1.24g (4.96%), Copper: 0.09mg (4.32%), Phosphorus: 38.39mg (3.84%), Vitamin A: 165.94IU (3.32%), Magnesium: 12.16mg (3.04%), Calcium: 28.4mg (2.84%), Vitamin B6: 0.05mg (2.46%), Potassium: 85.24mg (2.44%), Vitamin B5: 0.24mg (2.37%), Zinc: 0.29mg (1.95%), Vitamin E: 0.18mg (1.2%), Vitamin K: 1.08µg (1.02%)