



Goosey Caramel Apple Rolls for Two

READY IN



35 min.

SERVINGS



2

CALORIES



406 kcal

Ingredients

- ☐ 6 slices apples peeled cut in half thin
- ☐ 3 tablespoons mrs richardson's butterscotch caramel sauce
- ☐ 0.5 teaspoon cinnamon sugar
- ☐ 2 biscuits frozen buttermilk or southern style pillsbury®
- ☐ 2 tablespoons pecans chopped

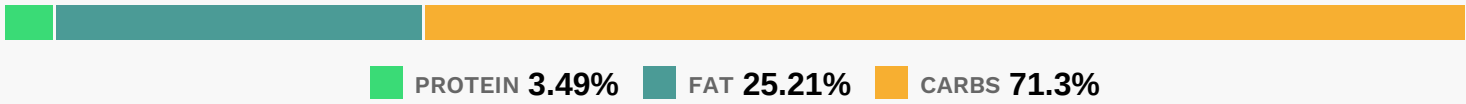
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 375°F. Spray 2 (6-oz) custard cups with cooking spray.
- ☐ Pour caramel topping into custard cups. Top with pecans and apple slices; sprinkle with cinnamon-sugar.
- ☐ Place biscuits on top of caramel-apple mixture; place custard cups on cookie sheet with sides.
- ☐ Bake 23 to 28 minutes or until golden brown; immediately run sharp knife around edge of each cup.
- ☐ Place individual serving plate on top of custard cup, and carefully turn upside down onto plate. Slowly lift custard cup from biscuit, releasing biscuit onto plate.
- ☐ Spread any topping remaining in cup over biscuit.

Nutrition Facts



Properties

Glycemic Index:88.55, Glycemic Load:20.95, Inflammation Score:-5, Nutrition Score:10.603043421455%

Flavonoids

Cyanidin: 6.21mg, Cyanidin: 6.21mg, Cyanidin: 6.21mg, Cyanidin: 6.21mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.97mg, Catechin: 4.97mg, Catechin: 4.97mg, Catechin: 4.97mg Epigallocatechin: 1.41mg, Epigallocatechin: 1.41mg, Epigallocatechin: 1.41mg, Epigallocatechin: 1.41mg Epicatechin: 24.71mg, Epicatechin: 24.71mg, Epicatechin: 24.71mg, Epicatechin: 24.71mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 13.11mg, Quercetin: 13.11mg, Quercetin: 13.11mg, Quercetin: 13.11mg

Nutrients (% of daily need)

Calories: 406.34kcal (20.32%), Fat: 12.21g (18.79%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 77.71g (25.9%), Net Carbohydrates: 68.55g (24.93%), Sugar: 53.44g (59.38%), Cholesterol: 0.27mg (0.09%), Sodium: 359.92mg (15.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.61%), Fiber: 9.16g (36.64%), Manganese: 0.69mg (34.27%), Phosphorus: 191.47mg (19.15%), Vitamin C: 15.3mg (18.55%), Vitamin B1: 0.24mg (15.79%),

Potassium: 471.19mg (13.46%), Copper: 0.23mg (11.54%), Vitamin B2: 0.18mg (10.41%), Magnesium: 34.54mg (8.64%), Iron: 1.54mg (8.54%), Vitamin B6: 0.17mg (8.39%), Selenium: 5.85µg (8.36%), Vitamin K: 8.65µg (8.24%), Folate: 31.51µg (7.88%), Vitamin E: 1.1mg (7.33%), Vitamin B3: 1.32mg (6.6%), Calcium: 54.56mg (5.46%), Zinc: 0.71mg (4.76%), Vitamin A: 209.72IU (4.19%), Vitamin B5: 0.41mg (4.14%), Vitamin B12: 0.09µg (1.53%)