



Grandmother Stougaard's Caramel Pecan Sweet Rolls

 Gluten Free

READY IN



210 min.

SERVINGS



12

CALORIES



146 kcal

Ingredients

- 0.3 ounce active yeast dry
- 0.8 cup brown sugar packed
- 2 tablespoons plus light
- 1 eggs
- 1 teaspoon ground cinnamon
- 3 tablespoons butter
- 0.5 cup milk
- 0.5 cup pecan halves

- 0.5 teaspoon salt
- 0.1 cup warm water (110 degrees F)
- 1.5 tablespoons water
- 0.3 cup sugar white

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- baking pan
- hand mixer
- wooden spoon
- stove
- cutting board

Directions

- Pour the milk into a small saucepan, and set over medium heat.
- Heat just until a skin starts to form on the top, then remove from the stove, and stir in salt and 1/4 cup margarine. Allow to cool to lukewarm.
- Place 1/8 cup of warm water in a small bowl. Stir in 1/2 teaspoon sugar.
- Sprinkle yeast over the surface, and let stand until foamy, 5 to 10 minutes.
- In a large bowl, stir together the cooled milk mixture and the yeast for 2 minutes using an electric mixer on medium speed.
- Add egg, and mix well. Use a large wooden spoon to stir in flour 1/2 cup at a time, mixing well after each addition until the mixture forms a dough. Knead on a floured surface, adding more flour if necessary, until dough is smooth and elastic, about 8 minutes.
- Place in an oiled bowl, and turn once to coat the top. Cover, and let rise until doubled in size, 1 to 2 hours.

- Punch down dough, and let rest on the counter while you prepare the caramel topping. In a medium bowl, mix together the corn syrup, 1 1/2 tablespoons of water, 3 tablespoons of margarine and brown sugar until smooth.
- Spread an even layer onto the bottom of a 9x9 inch baking dish.
- Place pecan halves upside down in rows over the sugar mixture. Set aside.
- On a lightly floured surface, roll dough out to a 9x12 inch rectangle
- Spread with 2 tablespoons of margarine.
- Mix together 1/4 cup of sugar with the cinnamon; sprinkle over the margarine.
- Roll the dough up starting at the long end to form a log. Pinch the seam together to seal.
- Cut the roll into 1 inch rounds.
- Place the rounds into the prepared baking dish. Set in a warm place to rise until doubled, about 30 minutes.
- Preheat the oven to 350 degrees F (175 degrees C).
- Bake rolls for 20 to 25 minutes in the oven, until golden brown. Invert baking pan onto a cutting board or a clean cookie sheet while still warm so the caramel topping is on top.

Nutrition Facts

PROTEIN 3.85% **FAT 38.56%** **CARBS 57.59%**

Properties

Glycemic Index:11.84, Glycemic Load:3.64, Inflammation Score:-2, Nutrition Score:2.7034782297585%

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: 146.01kcal (7.3%), Fat: 6.53g (10.04%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 21.94g (7.31%), Net Carbohydrates: 21.3g (7.74%), Sugar: 20.98g (23.31%), Cholesterol: 14.86mg (4.95%), Sodium: 145.67mg (6.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Manganese: 0.23mg (11.36%), Vitamin B1: 0.1mg

(6.79%), Folate: 16.63µg (4.16%), Vitamin B2: 0.06mg (3.64%), Phosphorus: 34.18mg (3.42%), Vitamin A: 164.27IU (3.29%), Calcium: 32.46mg (3.25%), Copper: 0.06mg (3.15%), Fiber: 0.64g (2.57%), Selenium: 1.74µg (2.49%), Zinc: 0.35mg (2.31%), Vitamin B5: 0.23mg (2.31%), Magnesium: 8.5mg (2.12%), Potassium: 63.48mg (1.81%), Vitamin B6: 0.04mg (1.81%), Iron: 0.3mg (1.64%), Vitamin B3: 0.32mg (1.59%), Vitamin B12: 0.09µg (1.52%), Vitamin E: 0.21mg (1.42%), Vitamin D: 0.19µg (1.23%)