



Holiday Sticky Buns

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



475 kcal

Ingredients

- 0.5 cup cranberries dried
- 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)
- 0.5 cup raisins white
- 2 tablespoon 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 12 tablespoons of 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 one sheet of puff pastry with the folds going left to right.
- Brush the whole sheet with 1 tablespoon of the melted butter. Leaving a 1-inch border on the puff pastry, sprinkle each sheet with 1/3 cup of brown sugar, 1 1/2 teaspoons of the cinnamon, 1/4 cup of the cranberries and 1/4 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, about 1 1/2 inches each.
- 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. 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 3.04% ■ FAT 58.91% ■ CARBS 38.05%

Properties

Glycemic Index:10.82, Glycemic Load:12.54, Inflammation Score:-4, Nutrition Score:6.4299999954908%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg 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 Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 474.95kcal (23.75%), Fat: 31.87g (49.03%), Saturated Fat: 12.6g (78.75%), Carbohydrates: 46.31g (15.44%), Net Carbohydrates: 44.36g (16.13%), Sugar: 21.94g (24.37%), Cholesterol: 35.12mg (11.71%), Sodium: 110.6mg (4.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Manganese: 0.51mg (25.71%), Selenium: 10.5µg (15.01%), Vitamin B1: 0.2mg (13.21%), Vitamin B3: 1.88mg (9.39%), Folate: 33.64µg (8.41%), Iron: 1.5mg (8.34%), Vitamin A: 412.36IU (8.25%), Vitamin B2: 0.14mg (8.18%), Vitamin K: 8.4µg (8%), Fiber: 1.95g (7.81%), Copper: 0.13mg (6.52%), Vitamin E: 0.77mg (5.17%), Phosphorus: 45.83mg (4.58%), Magnesium: 15.82mg (3.95%), Potassium: 124.6mg (3.56%), Calcium: 33.26mg (3.33%), Zinc: 0.45mg (2.99%), Vitamin B6: 0.04mg (1.97%), Vitamin D: 0.25µg (1.63%)