



Homemade Sticky Buns

 Vegetarian

READY IN



280 min.

SERVINGS



15

CALORIES



384 kcal

Ingredients

- 0.7 cup brown sugar packed
- 1 cup brown sugar packed
- 0.3 cup butter
- 0.3 cup butter hot melted
- 0.3 cup butter softened
- 4 egg yolk
- 3.5 cups flour all-purpose
- 0.3 cup granulated sugar
- 1 tablespoon ground cinnamon

- 0.3 cup honey
- 0.7 cup milk
- 1 teaspoon orange zest grated
- 1 cup pecans chopped
- 1 teaspoon salt
- 0.3 cup water (120°F to 130°F)

Equipment

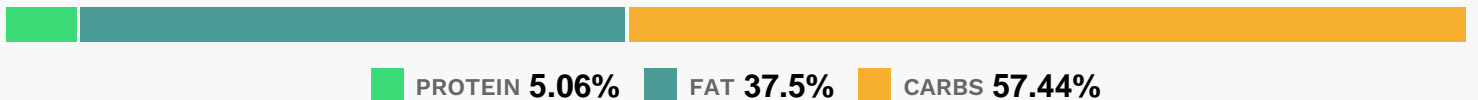
- bowl
- sauce pan
- oven
- plastic wrap
- baking pan
- rolling pin
- glass baking pan

Directions

- Lightly grease 13x9-inch (3-quart) glass baking dish and large bowl with shortening or cooking spray.
- Place yeast in ungreased large bowl.
- Add warm water; mix well until dissolved. Stir in all remaining Dough ingredients except flour until well mixed.
- Add 3 cups of the flour; stir until a soft dough forms.
- On lightly floured work surface, knead dough 10 to 12 minutes, adding no more than 1/2 cup additional flour until dough is a good consistency and not too sticky. Dough should be slightly sticky and does not break when stretched. If it breaks, continue kneading.
- Place dough in greased large bowl; cover with plastic wrap.
- Let rise in warm place 2 to 3 hours or until doubled in size.
- Punch down dough; place on lightly floured work surface. Cover dough with plastic wrap again; let rest 20 minutes.

- Meanwhile, in 1-quart saucepan, mix all Topping ingredients except pecans.
- Heat over medium heat until sugar dissolves.
- Pour into baking dish.
- Sprinkle with pecans.
- After dough has rested, roll out dough with rolling pin into 18x12-inch rectangle.
- Brush dough with 1/4 cup softened butter, leaving 1-inch strip of dough along one long side. In small bowl, mix 2/3 cup brown sugar and the cinnamon.
- Sprinkle over buttered dough.
- Starting with topped long side of dough, carefully and tightly roll dough into very long roll.
- Cut roll evenly into 15 slices.
- Place slices in 5 rows by 3 rows in baking dish over Topping.
- Let rise in warm place 30 to 60 minutes or until doubled in size.
- After rolls have doubled in size, heat oven to 350F.
- Bake rolls 25 to 30 minutes or until deep golden brown. Immediately invert rolls onto serving platter, being extremely careful of hot sticky topping.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:26.69, Glycemic Load:21.09, Inflammation Score:-4, Nutrition Score:8.1021739140801%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 384.07kcal (19.2%), Fat: 16.36g (25.17%), Saturated Fat: 6.99g (43.69%), Carbohydrates: 56.37g (18.79%), Net Carbohydrates: 54.58g (19.85%), Sugar: 32.61g (36.23%), Cholesterol: 77.54mg (25.85%), Sodium: 242.38mg (10.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.93%), Manganese: 0.64mg (32.14%), Vitamin B1: 0.29mg (19.49%), Selenium: 13.55µg (19.35%), Folate: 62.75µg (15.69%), Vitamin B2: 0.2mg (11.81%), Iron: 1.92mg (10.65%), Vitamin B3: 1.87mg (9.33%), Phosphorus: 85.6mg (8.56%), Vitamin A: 376.62IU (7.53%), Copper: 0.15mg (7.47%), Fiber: 1.79g (7.17%), Calcium: 58.15mg (5.82%), Magnesium: 19.68mg (4.92%), Zinc: 0.73mg (4.86%), Vitamin B5: 0.43mg (4.26%), Potassium: 123.35mg (3.52%), Vitamin E: 0.52mg (3.5%), Vitamin B6: 0.06mg (3.22%), Vitamin B12: 0.17µg (2.86%), Vitamin D: 0.38µg (2.52%), Vitamin K: 1.37µg (1.3%)