



Homemade Sticky Buns



Vegetarian

READY IN



280 min.

SERVINGS



15

CALORIES



386 kcal

Ingredients

- ☐ 1 package yeast dry
- ☐ 0.3 cup water (120°F to 130°F)
- ☐ 0.7 cup milk
- ☐ 0.3 cup butter hot melted
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon orange zest grated
- ☐ 4 egg yolk
- ☐ 3.5 cups flour all-purpose

- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 0.3 cup honey
- ☐ 1 teaspoon orange zest grated
- ☐ 1 cup pecans chopped
- ☐ 0.3 cup butter softened
- ☐ 0.7 cup brown sugar packed
- ☐ 1 tablespoon ground cinnamon

Equipment

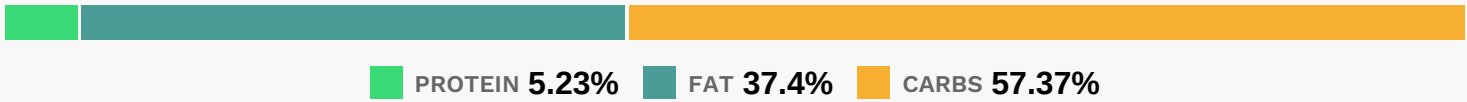
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ rolling pin
- ☐ glass baking pan

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 350°F.
- ☐ 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:8.5852173152177%

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: 385.71kcal (19.29%), Fat: 16.4g (25.22%), Saturated Fat: 6.99g (43.72%), Carbohydrates: 56.6g (18.87%), Net Carbohydrates: 54.66g (19.88%), Sugar: 32.61g (36.23%), Cholesterol: 77.54mg (25.85%), Sodium: 242.62mg (10.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.31%), Manganese: 0.64mg (32.21%), Vitamin B1: 0.34mg (22.92%), Selenium: 13.59µg (19.41%), Folate: 73.71µg (18.43%), Vitamin B2: 0.22mg (12.92%), Iron: 1.93mg (10.71%), Vitamin B3: 2.06mg (10.28%), Phosphorus: 88.6mg (8.86%), Fiber: 1.93g (7.73%), Copper: 0.15mg (7.58%), Vitamin A: 377.18IU (7.54%), Calcium: 58.51mg (5.85%), Zinc: 0.77mg (5.11%), Magnesium: 19.96mg (4.99%), Vitamin B5: 0.49mg (4.89%), Potassium: 128.09mg (3.66%), Vitamin B6: 0.07mg (3.58%), Vitamin E: 0.52mg (3.5%), Vitamin B12: 0.17µg (2.86%), Vitamin D: 0.38µg (2.52%), Vitamin K: 1.37µg (1.31%)