

# Honey Bubble Ring

 Dairy Free

READY IN



40 min.

SERVINGS



15

CALORIES



313 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 36 ounces biscuits refrigerated
- 1 teaspoon ground cinnamon
- 0.5 cup honey
- 1 tablespoon orange juice
- 0.5 teaspoon orange zest grated
- 0.3 cup pecans chopped
- 0.3 cup sugar

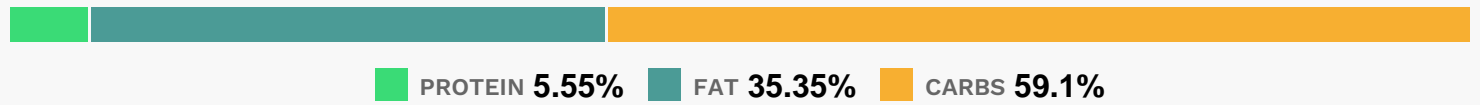
## Equipment

- bowl
- frying pan
- oven

## Directions

- In a bowl, combine the first six ingredients.
- Cut each biscuit into four pieces; dip each piece halfway into honey mixture.
- Layer in a greased 10-in. tube pan.
- Bake at 375° for 30–35 minutes or until golden brown. Cool for 10 minutes; invert pan onto a serving platter.

## Nutrition Facts



## Properties

Glycemic Index:16.96, Glycemic Load:28.9, Inflammation Score:-2, Nutrition Score:7.6647824975459%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 313.26kcal (15.66%), Fat: 12.55g (19.31%), Saturated Fat: 1.81g (11.29%), Carbohydrates: 47.23g (15.74%), Net Carbohydrates: 46.07g (16.75%), Sugar: 16.25g (18.06%), Cholesterol: 0.68mg (0.23%), Sodium: 641.45mg (27.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.87%), Phosphorus: 298.34mg (29.83%), Vitamin B1: 0.3mg (20.24%), Manganese: 0.38mg (19.06%), Selenium: 12.98µg (18.55%), Iron: 2.35mg (13.08%), Folate: 48.62µg (12.16%), Vitamin B2: 0.21mg (12.15%), Vitamin B3: 2.32mg (11.61%), Vitamin E: 0.93mg (6.18%), Potassium: 168.8mg (4.82%), Fiber: 1.16g (4.65%), Copper: 0.08mg (4.18%), Calcium: 36.9mg (3.69%), Magnesium: 14.21mg (3.55%), Zinc: 0.44mg (2.92%), Vitamin K: 2.9µg (2.76%), Vitamin B5: 0.23mg (2.3%), Vitamin B6: 0.04mg (1.96%), Vitamin B12: 0.1µg (1.59%)