



Honey Nut Sticky Buns

 Vegetarian

READY IN



55 min.

SERVINGS



24

CALORIES



188 kcal

BREAD

Ingredients

- 0.5 ounce yeast dry
- 0.5 cup water (110° to 115°)
- 2 large eggs
- 0.3 cup sugar
- 3 tablespoons butter melted
- 2 teaspoons salt
- 1 teaspoon vanilla extract
- 3.3 cups flour all-purpose

- 0.5 cup brown sugar packed
- 0.3 cup honey
- 0.3 cup butter cubed
- 0.3 teaspoon salt
- 0.5 cup pecans chopped
- 2 tablespoons butter melted
- 0.5 cup pecans chopped
- 0.3 cup brown sugar packed
- 1 teaspoon ground cinnamon

Equipment

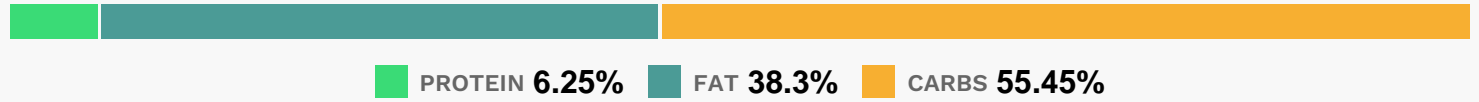
- bowl
- frying pan
- sauce pan
- oven
- baking pan

Directions

- In a large bowl, dissolve yeast in water.
- Add the eggs, sugar, butter, salt, vanilla and 2 cups of flour. Beat until smooth. Stir in enough remaining flour to form soft dough.
- Turn onto a floured surface; knead until smooth and elastic, about 6–8 minutes.
- Place in a greased bowl; turn once to grease top. Cover and let rise in a warm place until doubled, about 1-1/2 hours.
- In a small saucepan, combine the brown sugar, honey, butter and salt; bring to a boil, stirring occasionally. Boil for 1 minute.
- Pour into a greased 13x9-in. baking pan; sprinkle with pecans. Set aside.
- Punch dough down. Turn onto a lightly floured surface; roll into a 24x8-in. rectangle; brush with butter to within 1 in of edges.
- Combine the pecans, brown sugar and cinnamon; sprinkle over butter.

- Roll up from long side; seal seam.
- Cut into 1-in. slices; place cut side down in pan. Cover and let rise until doubled, about 30 minutes.
- Bake at 350° for 25–28 minutes or until golden brown. Cool 1 minute; invert onto a serving platter.

Nutrition Facts



Properties

Glycemic Index:15.52, Glycemic Load:12.84, Inflammation Score:-2, Nutrition Score:4.7708695806239%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg

Nutrients (% of daily need)

Calories: 187.89kcal (9.39%), Fat: 8.17g (12.57%), Saturated Fat: 3.16g (19.74%), Carbohydrates: 26.61g (8.87%), Net Carbohydrates: 25.51g (9.28%), Sugar: 12.88g (14.31%), Cholesterol: 26.85mg (8.95%), Sodium: 260.93mg (11.34%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 3g (6%), Manganese: 0.35mg (17.33%), Vitamin B1: 0.23mg (15.32%), Folate: 48.08µg (12.02%), Selenium: 7.43µg (10.61%), Vitamin B2: 0.14mg (8.02%), Vitamin B3: 1.31mg (6.55%), Iron: 1.07mg (5.92%), Copper: 0.09mg (4.54%), Phosphorus: 44.67mg (4.47%), Fiber: 1.11g (4.42%), Vitamin A: 157.27IU (3.15%), Zinc: 0.44mg (2.97%), Magnesium: 10.98mg (2.75%), Vitamin B5: 0.28mg (2.75%), Vitamin B6: 0.04mg (1.86%), Potassium: 61.68mg (1.76%), Calcium: 16.64mg (1.66%), Vitamin E: 0.24mg (1.61%)