



Honey-Pecan Cinnamon Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 pound bread dough white frozen
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons granulated sugar
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 cup honey
- ☐ 0.3 cup pecans toasted chopped

Equipment

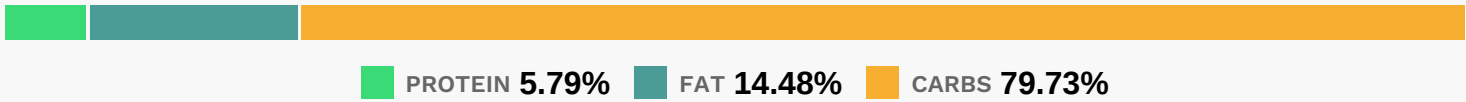
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ cake form
- ☐ microwave

Directions

- ☐ Thaw dough in refrigerator 12 hours; cover and bring to room temperature (about 1 hour).
- ☐ Combine granulated sugar and cinnamon.
- ☐ Roll dough into a 16 x 12-inch rectangle on a lightly floured surface; coat with cooking spray, and sprinkle with sugar mixture. Coat dough again with cooking spray.
- ☐ Roll dough tightly, starting with short end, pressing to eliminate air pockets; pinch seam and ends to seal.
- ☐ Cut dough crosswise into 12 (1-inch-thick) slices.
- ☐ Place honey in a small microwave-safe bowl; heat at high 20 seconds.
- ☐ Pour honey into a 9-inch round cake pan, tilting pan so honey covers bottom; sprinkle with brown sugar and pecans.
- ☐ Place rolls, cut sides down, in pan. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size.
- ☐ Preheat oven to 35
- ☐ Bake at 350 for 20 minutes or until golden brown. Invert rolls immediately onto a platter; cool 5 minutes.

Nutrition Facts



Properties

Glycemic Index:11.45, Glycemic Load:5.46, Inflammation Score:0, Nutrition Score:1.0339130530863%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg

Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 172.36kcal (8.62%), Fat: 2.75g (4.24%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 34.11g (11.37%), Net Carbohydrates: 32.96g (11.98%), Sugar: 15.75g (17.5%), Cholesterol: 0mg (0%), Sodium: 179.92mg (7.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.95%), Manganese: 0.17mg (8.6%), Fiber: 1.15g (4.6%), Copper: 0.03mg (1.74%), Calcium: 10.59mg (1.06%)