



Ice Cream Sticky Buns

READY IN



525 min.

SERVINGS



15

CALORIES



237 kcal

Ingredients

- ☐ 0.8 cup brown sugar
- ☐ 0.8 cup butter
- ☐ 12 ounce dinner rolls frozen thawed
- ☐ 0.8 cup whipped cream
- ☐ 0.8 cup sugar white

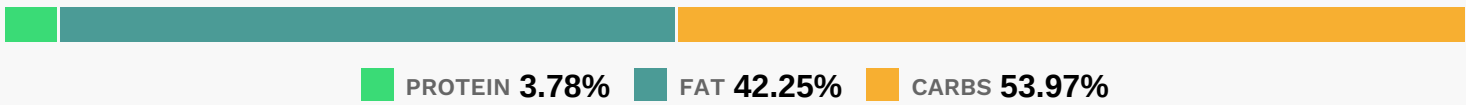
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Arrange rolls in a 9x13-inch baking dish.
- ☐ Heat ice cream, butter, white sugar, and brown sugar in a saucepan over medium heat until ice cream is melted, sugars are dissolved, and sauce is warm, about 5 minutes; pour mixture over bread dough. Cover and let rise in a warm area until doubled, about 1 hour.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bake in preheated oven until rolls are golden brown, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:12.07, Glycemic Load:7.91, Inflammation Score:-2, Nutrition Score:3.6091304299948%

Nutrients (% of daily need)

Calories: 237.26kcal (11.86%), Fat: 11.39g (17.53%), Saturated Fat: 6.62g (41.39%), Carbohydrates: 32.75g (10.92%), Net Carbohydrates: 31.84g (11.58%), Sugar: 22.43g (24.92%), Cholesterol: 27.31mg (9.1%), Sodium: 200.28mg (8.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Manganese: 0.24mg (12%), Selenium: 7.91µg (11.3%), Vitamin B1: 0.1mg (6.77%), Vitamin A: 311.42IU (6.23%), Calcium: 60.32mg (6.03%), Iron: 0.9mg (4.98%), Vitamin B2: 0.08mg (4.91%), Vitamin B3: 0.95mg (4.74%), Fiber: 0.91g (3.63%), Folate: 14.39µg (3.6%), Phosphorus: 33.68mg (3.37%), Magnesium: 10.31mg (2.58%), Vitamin E: 0.36mg (2.43%), Copper: 0.04mg (2.07%), Zinc: 0.26mg (1.76%), Potassium: 56.77mg (1.62%), Vitamin B5: 0.15mg (1.48%), Vitamin K: 1.43µg (1.36%), Vitamin B6: 0.03mg (1.26%)