



Make-Ahead Ooey-Gooey Sticky Buns

READY IN



45 min.

SERVINGS



24

CALORIES



187 kcal

BREAD

Ingredients

- ☐ 1.3 cups t brown sugar dark divided packed
- ☐ 0.3 cup corn syrup dark
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup evaporated skim milk divided
- ☐ 4 cups flour all-purpose divided
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon granulated sugar
- ☐ 1 tablespoon ground cinnamon

- ☐ 1 teaspoon nutmeg
- ☐ 2 tablespoons butter
- ☐ 0.8 cup pecans chopped
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup water
- ☐ 0.3 cup water (105° to 115°)

Equipment

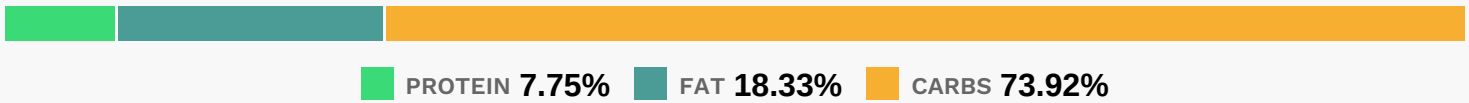
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ Dissolve yeast and 1 teaspoon granulated sugar in 1/4 cup warm water in a small bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Place 3 3/4 cups flour, 1/4 cup granulated sugar, nutmeg, and salt in a food processor; pulse 2 times or until blended.
- ☐ Combine 2/3 cup milk, 1/4 cup water, and egg. With processor on, slowly add milk mixture and yeast mixture through food chute; process until dough forms a ball. Process for an additional minute. Turn dough out onto a lightly floured surface; knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size.

- ☐ Combine 1/3 cup milk, 1 cup brown sugar, corn syrup, and margarine in a small saucepan; bring to a boil, stirring constantly.
- ☐ Remove from heat. Divide pecans evenly between 2 (9-inch) round cake pans coated with cooking spray. Top each with half of brown sugar mixture.
- ☐ Punch dough down; let rest 5 minutes.
- ☐ Roll into a 24 x 10-inch rectangle on a lightly floured surface; coat entire surface of dough with cooking spray.
- ☐ Combine 1/4 cup brown sugar and cinnamon in a small bowl; sprinkle evenly over dough. Beginning with a long side, roll up jelly-roll fashion; pinch seam to seal (do not seal ends of roll).
- ☐ Cut roll into 24 (1-inch) slices, using string or dental floss. Arrange 12 slices, cut sides up, in each pan. Cover with plastic wrap coated with cooking spray, and let rise in refrigerator 8 to 24 hours or until doubled in size.
- ☐ Preheat oven to 37
- ☐ Bake rolls at 375 for 23 minutes. Run a knife around outside edges of pans.
- ☐ Place a plate upside down on top of pan; invert onto plate.
- ☐ Combine yeast mixture, 3 cups flour, granulated sugar, nutmeg, and salt in a bowl.
- ☐ Add 2/3 cup milk, 1/4 cup water, and egg. Beat at medium speed of a mixer until blended. Turn dough out onto a lightly floured surface; knead until smooth and elastic (about 8 minutes); add enough remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands. Proceed to step

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:16.42, Inflammation Score:-3, Nutrition Score:5.2678260829138%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-

gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg

Nutrients (% of daily need)

Calories: 187.02kcal (9.35%), Fat: 3.88g (5.97%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 35.2g (11.73%), Net Carbohydrates: 34.04g (12.38%), Sugar: 18.48g (20.53%), Cholesterol: 8.18mg (2.73%), Sodium: 110.33mg (4.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.39%), Manganese: 0.37mg (18.52%), Vitamin B1: 0.22mg (14.98%), Selenium: 8.42µg (12.03%), Folate: 47.85µg (11.96%), Vitamin B2: 0.16mg (9.59%), Vitamin B3: 1.43mg (7.13%), Iron: 1.26mg (6.99%), Phosphorus: 60.36mg (6.04%), Calcium: 52.12mg (5.21%), Fiber: 1.16g (4.65%), Copper: 0.09mg (4.31%), Magnesium: 13.84mg (3.46%), Zinc: 0.46mg (3.07%), Vitamin B5: 0.29mg (2.89%), Potassium: 96.93mg (2.77%), Vitamin A: 97.98IU (1.96%), Vitamin B6: 0.04mg (1.8%), Vitamin D: 0.25µg (1.7%)