



Maple-Pecan Sticky Buns

 Vegetarian

READY IN



90 min.

SERVINGS



20

CALORIES



281 kcal

Ingredients

- ☐ 0.5 cup firmly brown sugar dark packed
- ☐ 3 tablespoons butter melted
- ☐ 1 teaspoon ground cinnamon
- ☐ 20 servings maple glaze
- ☐ 0.5 cup pecans toasted chopped
- ☐ 20 servings sticky bun syrup
- ☐ 16 oz roll mix hot
- ☐ 16 oz roll mix hot

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ microwave
- ☐ serrated knife

Directions

- ☐ Lightly grease 2 (8-inch) round or square cake pans or skillets. Spoon Sticky Bun Syrup into pans.
- ☐ Prepare hot roll dough as directed on back of package; let dough stand 5 minutes.
- ☐ Roll dough into an 18- x 10-inch rectangle.
- ☐ Spread with melted butter. Stir together brown sugar and cinnamon; sprinkle over butter.
- ☐ Roll dough up tightly, starting at 1 long end; cut into 16 slices using a serrated knife.
- ☐ Place 1 slice in center of each prepared pan.
- ☐ Place 7 slices around center roll in each pan.
- ☐ Cover pans loosely with plastic wrap; let rise in a warm place (85), free from drafts, 30 to 45 minutes or until doubled in bulk.
- ☐ Preheat oven to 35
- ☐ Uncover rolls, and bake 15 to 20 minutes or until golden brown and done. Cool in pans on a wire rack 5 minutes. Prepare Maple Glaze, and brush over rolls. Top with toasted pecans.
- ☐ TRY THIS TWIST! Apple-Cinnamon Sticky
- ☐ Rolls: Peel and chop 2 Granny Smith apples (about 3 cups chopped).
- ☐ Place apples in a small microwave-safe bowl, and pour 1 cup apple juice over apples. Cover tightly with heavy-duty plastic wrap; fold back a small corner to allow steam to escape. Microwave at HIGH 5 minutes or until tender.
- ☐ Drain and cool 15 minutes. Prepare recipe as directed, sprinkling apples over brown sugar mixture before rolling up.

Nutrition Facts



 **PROTEIN 8.04%**  **FAT 18.21%**  **CARBS 73.75%**

Properties

Glycemic Index:8.73, Glycemic Load:27.89, Inflammation Score:-1, Nutrition Score:5.5195653252304%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 280.55kcal (14.03%), Fat: 5.69g (8.75%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 51.82g (17.27%), Net Carbohydrates: 50.46g (18.35%), Sugar: 21.75g (24.17%), Cholesterol: 4.51mg (1.51%), Sodium: 309.37mg (13.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.3%), Iron: 10.78mg (59.9%), Manganese: 0.59mg (29.62%), Vitamin B2: 0.26mg (15.17%), Fiber: 1.36g (5.42%), Calcium: 35.99mg (3.6%), Vitamin B1: 0.03mg (1.98%), Magnesium: 7.79mg (1.95%), Potassium: 63.4mg (1.81%), Zinc: 0.26mg (1.72%), Copper: 0.03mg (1.63%), Vitamin A: 54.16IU (1.08%)