

Marcia's Famous Sticky Buns

 Dairy Free

READY IN



835 min.

SERVINGS



10

CALORIES



383 kcal

Ingredients

- 12 ounce bread dough frozen
- 1 cup brown sugar
- 2 teaspoons ground cinnamon
- 5 ounce vanilla pudding instant
- 0.5 cup butter melted
- 1 cup walnut pieces chopped

Equipment

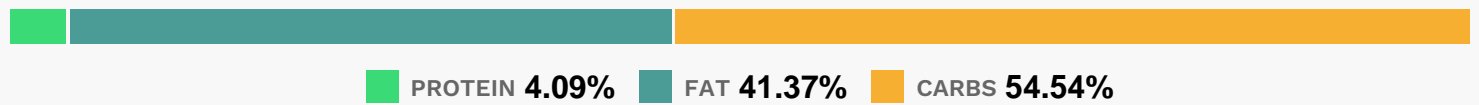
- frying pan
- paper towels

- oven
- kugelhkopf pan

Directions

- Sprinkle nuts in the bottom of a greased Bundt pan.
- Lay frozen roll dough on top of the nuts.
- Sprinkle dry pudding mix over the dough, then the brown sugar, then the cinnamon.
- Pour the melted margarine over all.
- Lay a damp paper towel over the pan and place it in a cold oven over night.
- In the morning, remove paper towel and place pan in cold oven.
- Heat oven to 350 degrees F (175 degrees C).
- Bake at 350 degrees F (175 degrees C) for 25 minutes.
- Remove from oven and let sit for 5 minutes, then flip out onto plate.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:3.8652173546345%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg

Nutrients (% of daily need)

Calories: 383.1kcal (19.15%), Fat: 17.82g (27.42%), Saturated Fat: 2.63g (16.42%), Carbohydrates: 52.86g (17.62%), Net Carbohydrates: 51.12g (18.59%), Sugar: 32.9g (36.56%), Cholesterol: 0mg (0%), Sodium: 363.47mg (15.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Manganese: 0.48mg (24.23%), Copper: 0.2mg (10.04%), Vitamin A: 409.51IU (8.19%), Fiber: 1.74g (6.98%), Magnesium: 21.05mg (5.26%), Phosphorus: 44.51mg (4.45%), Calcium: 37.85mg (3.78%), Vitamin B6: 0.07mg (3.68%), Iron: 0.54mg (3.01%), Folate: 11.82µg (2.96%), Vitamin E: 0.44mg (2.95%), Vitamin B1: 0.04mg (2.74%), Potassium: 90.18mg (2.58%), Zinc: 0.38mg (2.52%), Selenium: 0.98µg (1.4%), Vitamin B2: 0.02mg (1.4%), Vitamin B5: 0.11mg (1.07%)