



Melt-in-Your-Mouth Pecan Rolls

 Vegetarian

READY IN



35 min.

SERVINGS



32

CALORIES



118 kcal

Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup butter softened
- 0.3 cup plus
- 16 ounces regular crescent rolls refrigerated
- 0.7 cup pecans chopped
- 0.3 cup sugar
- 1 teaspoon ground cinnamon

Equipment

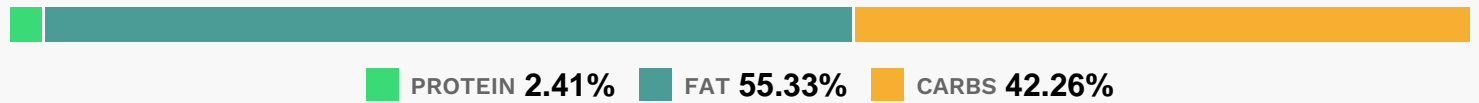
- bowl

- oven
- baking pan

Directions

- In a small bowl, combine brown sugar, butter and corn syrup.
- Spread in two greased 8-in. square baking pans; set aside. Unroll each tube of crescent roll dough into a rectangle; seal seams and perforations.
- Combine pecans, sugar and cinnamon; sprinkle over dough.
- Roll up, jelly-roll style, starting with a long side; seal edge.
- Cut each roll into 16 slices.
- Place cut side down in prepared pans.
- Bake at 375° for 13-17 minutes or until golden brown. Cool in pans for 1 minute before inverting onto serving plates.

Nutrition Facts



Properties

Glycemic Index:4.82, Glycemic Load:1.49, Inflammation Score:-1, Nutrition Score:0.81347826147533%

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: 117.51kcal (5.88%), Fat: 7.57g (11.65%), Saturated Fat: 3.24g (20.25%), Carbohydrates: 13.01g (4.34%), Net Carbohydrates: 12.76g (4.64%), Sugar: 8.45g (9.39%), Cholesterol: 7.63mg (2.54%), Sodium: 136.71mg (5.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Manganese: 0.12mg (5.77%), Vitamin A: 90.09IU (1.8%), Iron: 0.27mg (1.48%), Copper: 0.03mg (1.46%), Vitamin B1: 0.02mg (1.12%)