



## One-Rise Caramel Rolls

READY IN



105 min.

SERVINGS



12

CALORIES



410 kcal

### Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup plus light
- ☐ 0.3 cup whipping cream
- ☐ 0.8 cup cashew pieces
- ☐ 1.5 cups flour whole wheat
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon salt
- ☐ 2 packages yeast dry
- ☐ 1 cup water

- ☐ 0.3 cup butter
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons butter softened
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon

## Equipment

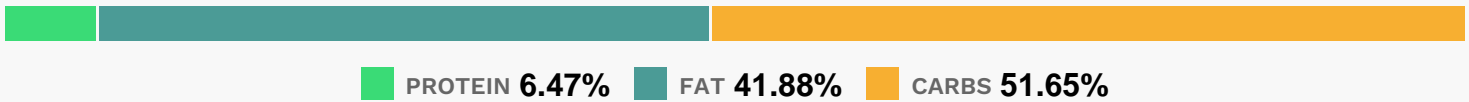
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ rolling pin

## Directions

- ☐ Grease 13x9-inch pan with shortening. In small bowl, mix all topping ingredients except pecans until well blended; spread evenly in pan.
- ☐ Sprinkle pecans evenly over top.
- ☐ In large bowl, mix whole wheat flour, 1/4 cup granulated sugar, the salt and yeast. In 1-quart saucepan, heat water and 1/4 cup butter until very warm (120°F to 130°F).
- ☐ Add warm liquid and egg to flour mixture; beat with electric mixer on low speed until moistened, scraping bowl frequently. Beat on medium speed 3 minutes, scraping bowl frequently. Stir in enough all-purpose flour until dough pulls cleanly away from side of bowl.
- ☐ On floured surface, knead dough 3 minutes. With rolling pin, roll dough to 15x7-inch rectangle.
- ☐ Spread 2 tablespoons butter over dough. In small bowl, mix 1/4 cup granulated sugar and the cinnamon; sprinkle evenly over butter.
- ☐ Starting with 15-inch side, roll up dough tightly; pinch edge of dough into roll to seal.

- ☐ Cut into 12 slices; place cut side down in pan over topping. Cover loosely with plastic wrap; let rise in warm place until doubled in size, about 45 minutes.
- ☐ Heat oven to 350°F. Uncover dough; bake 30 to 35 minutes or until golden brown. Cool in pan 1 minute.
- ☐ Place heatproof serving platter or tray upside down onto pan; immediately turn platter and pan over.
- ☐ Remove pan.

## Nutrition Facts



## Properties

Glycemic Index:22.03, Glycemic Load:19.25, Inflammation Score:-6, Nutrition Score:11.466521621398%

## Nutrients (% of daily need)

Calories: 410.23kcal (20.51%), Fat: 19.69g (30.29%), Saturated Fat: 4.75g (29.69%), Carbohydrates: 54.63g (18.21%), Net Carbohydrates: 51.79g (18.83%), Sugar: 25.24g (28.04%), Cholesterol: 19.24mg (6.41%), Sodium: 367.93mg (16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.69%), Manganese: 0.93mg (46.3%), Selenium: 19.54µg (27.91%), Vitamin B1: 0.41mg (27.4%), Folate: 76.23µg (19.06%), Phosphorus: 145.7mg (14.57%), Copper: 0.29mg (14.28%), Vitamin A: 685.48IU (13.71%), Magnesium: 51.81mg (12.95%), Vitamin B3: 2.55mg (12.75%), Vitamin B2: 0.21mg (12.52%), Iron: 2.22mg (12.36%), Fiber: 2.84g (11.34%), Zinc: 1.2mg (8.03%), Vitamin B6: 0.13mg (6.74%), Vitamin E: 0.79mg (5.28%), Vitamin B5: 0.5mg (5.04%), Potassium: 171.02mg (4.89%), Calcium: 33.14mg (3.31%), Vitamin K: 3.32µg (3.16%), Vitamin D: 0.15µg (1.02%)