



WHATSheATE



## Ooey-Gooey Cinnamon Buns



Vegetarian



Popular

READY IN



180 min.

SERVINGS



15

CALORIES



269 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 0.8 cup brown sugar
- ☐ 0.3 cup butter melted
- ☐ 2 eggs beaten
- ☐ 4 cups flour all-purpose
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.5 cup milk
- ☐ 1 cup pecans divided chopped

- ☐ 1 teaspoon salt
- ☐ 0.5 cup warm water (110 degrees F/45 degrees C)
- ☐ 0.3 cup sugar white

## Equipment

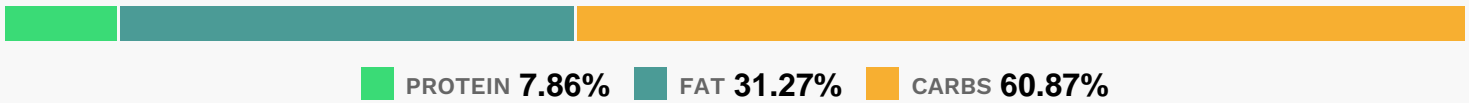
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ serrated knife

## Directions

- ☐ In a small bowl, dissolve 1 teaspoon sugar and yeast in warm water.
- ☐ Let stand until creamy, about 10 minutes. Warm the milk in a small saucepan until it bubbles, then remove from heat.
- ☐ Mix in 1/4 cup sugar, 1/4 cup butter and salt; stir until melted.
- ☐ Let cool until lukewarm.
- ☐ In a large bowl, combine the yeast mixture, milk mixture, eggs and 1 1/2 cup flour; stir well to combine. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes.
- ☐ Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
- ☐ While dough is rising, melt 3/4 cup butter in a small saucepan over medium heat. Stir in 3/4 cup brown sugar, whisking until smooth.
- ☐ Pour into greased 9x13 inch baking pan.
- ☐ Sprinkle bottom of pan with 1/2 cup pecans; set aside. Melt remaining butter; set aside.
- ☐ Combine remaining 3/4 cup brown sugar, 1/2 cup pecans, and cinnamon; set aside.

- ☐
- Turn dough out onto a lightly floured surface, roll into an 18x14 inch rectangle.
- ☐
- Brush with 2 tablespoons melted butter, leaving 1/2 inch border uncovered; sprinkle with brown sugar cinnamon mixture. Starting at long side, tightly roll up, pinching seam to seal.
- ☐
- Brush with remaining 2 tablespoons butter. With serrated knife, cut into 15 pieces; place cut side down, in prepared pan. Cover and let rise for 1 hour or until doubled in volume. Meanwhile, preheat oven to 375 degrees F (190 degrees C).
- ☐
- Bake in preheated oven for 25 to 30 minutes, until golden brown.
- ☐
- Let cool in pan for 3 minutes, then invert onto serving platter. Scrape remaining filling from the pan onto the rolls.

Nutrition Facts



Properties

Glycemic Index:16.54, Glycemic Load:20.91, Inflammation Score:-4, Nutrition Score:8.1995652418422%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 269.43kcal (13.47%), Fat: 9.5g (14.61%), Saturated Fat: 2.79g (17.42%), Carbohydrates: 41.61g (13.87%), Net Carbohydrates: 39.6g (14.4%), Sugar: 14.8g (16.45%), Cholesterol: 30.93mg (10.31%), Sodium: 195.25mg (8.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.75%), Manganese: 0.66mg (32.93%), Vitamin B1: 0.37mg (24.59%), Selenium: 13.78µg (19.68%), Folate: 76.67µg (19.17%), Vitamin B2: 0.23mg (13.72%), Vitamin B3: 2.28mg (11.38%), Iron: 1.97mg (10.94%), Phosphorus: 80.66mg (8.07%), Fiber: 2.01g (8.03%), Copper: 0.15mg (7.51%), Magnesium: 19.53mg (4.88%), Zinc: 0.73mg (4.85%), Vitamin B5: 0.41mg (4.13%), Calcium: 39.27mg (3.93%), Potassium: 108.2mg (3.09%), Vitamin A: 145.04IU (2.9%), Vitamin B6: 0.06mg (2.87%), Vitamin E: 0.29mg (1.92%), Vitamin B12: 0.1µg (1.71%), Vitamin D: 0.21µg (1.38%)