



Orange Cream Sticky Buns



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



9

CALORIES



163 kcal

Ingredients

- ☐ 0.5 cup sugar
- ☐ 1 box vanilla pudding instant (4-serving size) (not)
- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons orange zest grated
- ☐ 1 tablespoon orange juice
- ☐ 1 package yeast dry
- ☐ 0.8 cup water (105°F to 115°F)
- ☐ 0.5 cup almonds sliced
- ☐ 2.8 cups frangelico

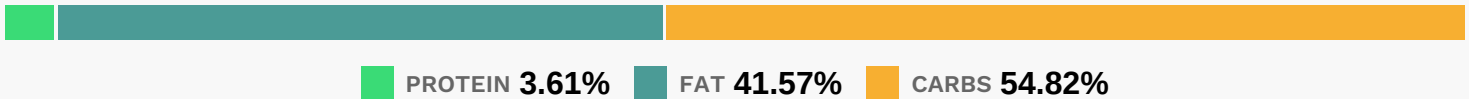
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ In small bowl, stir together sugar, pudding mix (dry), butter, 1 tablespoon of the orange peel and the orange juice; set aside.
- ☐ In medium bowl, dissolve yeast in warm water; stir in Bisquick mix and remaining 1 tablespoon orange peel until soft dough forms. On surface generously dusted with Bisquick mix, gently roll dough in Bisquick mix to coat. Shape into ball; knead about 20 times or until smooth. If dough is too sticky, sprinkle with additional Bisquick mix (up to 1/4 cup).
- ☐ Roll or pat dough into 15x9-inch rectangle.
- ☐ Spread 3/4 of the pudding mixture over dough. Beginning at 15-inch side, roll up dough tightly. Pinch edge of dough into roll to seal.
- ☐ Cut into 9 slices.
- ☐ In ungreased 9-inch square pan, spread remaining pudding mixture evenly; sprinkle evenly with almonds.
- ☐ Place dough slices slightly apart on mixture. Cover; let rise in warm place (such as on cooling rack placed over bowl of warm water) 25 to 30 minutes or until double in size.
- ☐ Heat oven to 375°F.
- ☐ Bake uncovered 25 to 30 minutes or until golden brown. Immediately place heatproof serving plate upside down onto pan; turn plate and pan over. Leave pan over buns 1 minute; remove pan.
- ☐ Serve buns while warm.

Nutrition Facts



Properties

Glycemic Index:14.68, Glycemic Load:7.9, Inflammation Score:-3, Nutrition Score:2.9821738879318%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 162.81kcal (8.14%), Fat: 7.77g (11.95%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 21.99g (8%), Sugar: 19.93g (22.15%), Cholesterol: 0mg (0%), Sodium: 128.8mg (5.6%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Vitamin E: 1.51mg (10.05%), Vitamin B1: 0.1mg (6.66%), Manganese: 0.12mg (6.04%), Vitamin B2: 0.1mg (5.7%), Folate: 21.48µg (5.37%), Vitamin A: 234.98IU (4.7%), Fiber: 1.06g (4.23%), Magnesium: 15.11mg (3.78%), Vitamin C: 2.77mg (3.36%), Copper: 0.06mg (3.21%), Phosphorus: 31.8mg (3.18%), Vitamin B3: 0.52mg (2.59%), Calcium: 19.46mg (1.95%), Potassium: 56.5mg (1.61%), Zinc: 0.23mg (1.54%), Vitamin B5: 0.14mg (1.44%), Iron: 0.23mg (1.31%), Vitamin B6: 0.02mg (1.12%)