



Overnight Caramel Apple Rolls

READY IN



630 min.

SERVINGS



12

CALORIES



319 kcal

Ingredients

- 1 pkg yeast dry quick
- 1.5 cups apples peeled chopped
- 0.5 cup apple sauce
- 0.5 cup brown sugar packed
- 0.3 cup butter
- 2 Tbsp butter softened
- 3 Tbsp butter melted
- 1 eggs
- 3 cups bread flour all-purpose for bread flour
- 0.3 cup granulated sugar

- 0.3 cup granulated sugar
- 1 tsp ground cinnamon
- 0.5 cup milk
- 1 tsp salt
- 0.5 cup walnut pieces chopped

Equipment

- bowl
- frying pan
- sauce pan
- oven
- hand mixer

Directions

- In medium bowl, mix filling ingredients. Set aside. In large bowl, mix 1 cup of the flour, 1/4 cup sugar, the salt and yeast.
- In 2-qt saucepan, cook 1/2 cup applesauce, 1/4 cup butter and the milk over medium heat, stirring constantly, until very warm (120-130F).
- Add warm mixture and egg to flour mixture; beat with electric mixer on low speed until moistened. Beat on medium speed 2 min. Stir in enough remaining flour to make dough easy to handle.
- Place dough on lightly floured surface; gently roll in flour to coat. Knead about 5 min or until smooth and springy.
- Place in large greased bowl, turning dough to grease all sides. Cover and let rise in warm place 45-60 min or until double. (Dough is ready if indentation remains when touched.)
- Grease bottom and sides of 13x9" pan with shortening.
- Mix brown sugar, 1/2 cup applesauce, 3 Tbsp melted butter and the walnuts in pan; spread evenly.
- Gently push fist into dough to deflate.
- Roll dough into 15x12" rectangle.

- Spread 2 Tbsp softened butter over dough; sprinkle with filling. Tightly roll up rectangle, beginning at 15" side; pinch edge of dough into roll to seal. Stretch and shape until even.
- Cut roll into twelve 1" slices.
- Place slightly apart in pan. Cover and refrigerate at least 8 hr but no longer than 48 hr.
- Before baking, let rolls stand at room temperature 30 min (rolls will not rise during this time).
- Heat oven to 400F.
- Bake 20–25 min or until golden brown. Cool in pan 1 min.
- Place heatproof serving platter or tray upside down onto pan; turn platter and pan over.
- Let stand about 1 min so caramel can drizzle over rolls; remove pan.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:25.18, Glycemic Load:22.29, Inflammation Score:-4, Nutrition Score:5.8591304317765%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 319.07kcal (15.95%), Fat: 12.99g (19.98%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 46.33g (15.44%), Net Carbohydrates: 44.49g (16.18%), Sugar: 21.91g (24.34%), Cholesterol: 14.86mg (4.95%), Sodium: 306.53mg (13.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.38%), Manganese: 0.47mg (23.49%), Selenium: 14.22µg (20.31%), Vitamin A: 427.72IU (8.55%), Vitamin B1: 0.12mg (7.96%), Folate: 31.45µg (7.86%), Copper: 0.15mg (7.63%), Phosphorus: 73.59mg (7.36%), Fiber: 1.84g (7.34%), Vitamin B2: 0.09mg (5.48%), Magnesium: 19.85mg (4.96%), Calcium: 38.71mg (3.87%), Vitamin E: 0.58mg (3.86%), Zinc: 0.57mg (3.79%), Vitamin B5: 0.37mg (3.73%), Vitamin B6: 0.07mg (3.66%), Iron: 0.63mg (3.51%), Potassium: 120.67mg (3.45%), Vitamin B3: 0.65mg (3.27%), Vitamin B12: 0.1µg (1.64%), Vitamin D: 0.19µg (1.23%), Vitamin C: 0.91mg (1.11%)