



## Overnight Caramel Apple Rolls

 Popular

READY IN



630 min.

SERVINGS



12

CALORIES



365 kcal

### Ingredients

- 0.3 cup granulated sugar
- 1 tsp ground cinnamon
- 1.5 cups cooking oil peeled chopped
- 3 cups bread flour all-purpose for bread flour
- 0.3 cup granulated sugar
- 1 tsp salt
- 1 pkg yeast dry quick
- 0.5 cup apple sauce
- 0.3 cup butter

- 0.5 cup milk
- 1 eggs
- 0.5 cup brown sugar packed
- 0.5 cup apple sauce
- 3 Tbsp butter melted
- 0.5 cup walnut pieces chopped
- 2 Tbsp butter softened

## 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 (120-130°F).
- 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 400°F.
- 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

■ PROTEIN **6.11%** ■ FAT **45.04%** ■ CARBS **48.85%**

### Properties

Glycemic Index:22.52, Glycemic Load:21.72, Inflammation Score:-4, Nutrition Score:6.1617391316787%

### Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

### Nutrients (% of daily need)

Calories: 364.72kcal (18.24%), Fat: 18.57g (28.57%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 45.32g (15.11%), Net Carbohydrates: 43.75g (15.91%), Sugar: 21.24g (23.59%), Cholesterol: 14.86mg (4.95%), Sodium: 306.58mg (13.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.33%), Manganese: 0.47mg (23.34%), Selenium: 14.25µg (20.35%), Vitamin E: 1.55mg (10.32%), Vitamin A: 422.23IU (8.44%), Vitamin B1: 0.12mg (7.96%), Folate: 31.28µg (7.82%), Copper: 0.15mg (7.55%), Phosphorus: 72.38mg (7.24%), Fiber: 1.57g (6.29%), Vitamin B2: 0.09mg (5.42%), Magnesium: 19.38mg (4.84%), Vitamin K: 4.43µg (4.22%), Calcium: 38.18mg (3.82%), Zinc: 0.57mg (3.77%), Vitamin B5: 0.37mg (3.68%), Iron: 0.64mg (3.54%), Vitamin B6: 0.07mg (3.47%), Vitamin B3: 0.65mg (3.24%), Potassium: 111.47mg (3.18%), Vitamin B12: 0.1µg (1.64%), Vitamin D: 0.19µg (1.23%)