



Overnight Caramel-Pecan Bread

 Vegetarian

READY IN



39 min.

SERVINGS



24

CALORIES



143 kcal

Ingredients

- ☐ 1 cup brown sugar light packed
- ☐ 0.3 cup butter light melted
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 cup vanilla pudding mix sugar-free instant
- ☐ 25 ounce yeast rolls frozen

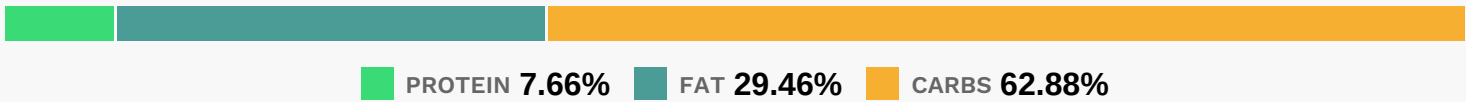
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kugelhopf pan

Directions

- ☐ Sprinkle pecans evenly in bottom of a 10-inch Bundt pan coated with cooking spray.
- ☐ Place rolls evenly in pan, overlapping when necessary.
- ☐ Sprinkle rolls with pudding mix; sprinkle with brown sugar, and drizzle evenly with butter. Cover pan with a damp towel, and place in a cold oven 8 hours.
- ☐ Remove pan from oven.
- ☐ Preheat oven to 35
- ☐ Uncover rolls and bake at 350 for 32 to 35 minutes or until rolls are browned.
- ☐ Remove from oven and let stand 5 minutes. Invert rolls onto a serving platter.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0.42, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:4.1947825782649%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 143.42kcal (7.17%), Fat: 4.79g (7.37%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 23g (7.67%), Net Carbohydrates: 21.73g (7.9%), Sugar: 9.61g (10.68%), Cholesterol: 3.53mg (1.18%), Sodium: 159.96mg (6.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Manganese: 0.38mg (18.81%), Selenium: 9.95µg (14.21%), Vitamin B1: 0.14mg (9.21%), Iron: 1.19mg (6.6%), Calcium: 62.25mg (6.23%), Vitamin B3: 1.23mg (6.15%), Fiber: 1.27g (5.08%), Vitamin B2: 0.09mg (5%), Folate: 18.18µg (4.54%), Phosphorus: 36.41mg (3.64%), Magnesium: 13.45mg (3.36%), Copper: 0.07mg (3.34%), Zinc: 0.35mg (2.31%), Potassium: 54.77mg (1.56%), Vitamin B6: 0.03mg (1.49%), Vitamin B5: 0.13mg (1.33%), Vitamin E: 0.18mg (1.2%), Vitamin A: 57.45IU (1.15%)