



Overnight Caramel Pecan Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



937 kcal

Ingredients

- 1 cup brown sugar packed
- 0.5 cup butter chilled
- 6.8 oz butterscotch pudding mix instant
- 1 cup pecans chopped
- 36 portugese rolls frozen divided

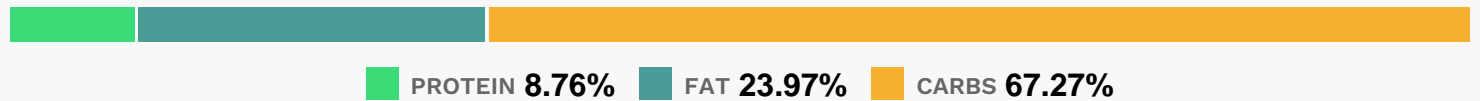
Equipment

- bowl
- oven
- kugelhopf pan

Directions

- Combine dry pudding mixes, brown sugar and pecans in a bowl.
- Cut in butter; set aside. Arrange half the frozen rolls in a lightly greased Bundt pan.
- Sprinkle half the pudding mixture over top. Repeat layering with remaining rolls and pudding mixture. Cover loosely; refrigerate overnight.
- Bake at 350 degrees for one hour. Invert onto a serving plate.

Nutrition Facts



Properties

Glycemic Index:13.3, Glycemic Load:82.71, Inflammation Score:-1, Nutrition Score:8.3856521469095%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 937.02kcal (46.85%), Fat: 25.05g (38.54%), Saturated Fat: 6.52g (40.78%), Carbohydrates: 158.19g (52.73%), Net Carbohydrates: 153.2g (55.71%), Sugar: 52.67g (58.52%), Cholesterol: 24.4mg (8.13%), Sodium: 1254.63mg (54.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.61g (41.21%), Iron: 38.79mg (215.5%), Manganese: 0.51mg (25.31%), Fiber: 5g (19.98%), Copper: 0.15mg (7.26%), Vitamin A: 289.74IU (5.79%), Calcium: 52.58mg (5.26%), Vitamin B1: 0.07mg (4.83%), Magnesium: 15.4mg (3.85%), Zinc: 0.51mg (3.43%), Phosphorus: 34.18mg (3.42%), Vitamin E: 0.42mg (2.77%), Potassium: 80.53mg (2.3%), Vitamin B6: 0.03mg (1.61%), Selenium: 0.97µg (1.38%), Vitamin B5: 0.14mg (1.36%), Vitamin B2: 0.02mg (1.21%), Vitamin K: 1.18µg (1.12%)