



## Overnight Orange and Vanilla Bean Sticky Buns

 Vegetarian

READY IN



760 min.

SERVINGS



12

CALORIES



776 kcal

### Ingredients

- 0.8 cup butter
- 1.5 cups brown sugar packed
- 0.3 cup honey
- 0.3 cup whipping cream
- 0.3 cup water
- 2 teaspoons orange zest grated
- 3 tablespoons orange juice
- 1 vanilla pod split

- 1 cup cashew pieces toasted
- 2 lb bread crumbs white frozen thawed
- 0.3 cup brown sugar packed
- 0.3 cup granulated sugar
- 1 teaspoon ground cinnamon
- 0.3 teaspoon salt

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- plastic wrap
- serrated knife

## Directions

- In 2-quart saucepan, melt butter over medium heat.
- Add 1 1/2 cups brown sugar, and cook until combined.
- Remove from heat. Stir in honey, whipping cream, water, orange peel, orange juice and seeds from vanilla bean. Cool 30 minutes.
- Pour mixture in ungreased 13x9x2-inch pan. Scatter pecan halves over top.
- Roll out one loaf of dough into rectangle shape about 14 inches by 6 inches. In small bowl, mix 1/4 cup each of brown sugar and granulated sugar, the cinnamon and salt.
- Spread half of mixture over dough.
- Roll dough tightly, and pinch seams closed. Using serrated knife, cut into 1 1/2-inch pieces.
- Place rolls cut side down in pan. Repeat with second loaf remaining sugar mixture. Cover pan of rolls with plastic wrap; refrigerate overnight.
- Remove from refrigerator and let sit 30 minutes.
- Heat oven to 350°F.

Bake 35 to 45 minutes or until golden brown. Cool in pan 20 minutes. Cover pan with platter, and carefully flip over.

## Nutrition Facts



**PROTEIN 4.3%** **FAT 51.66%** **CARBS 44.04%**

### Properties

Glycemic Index:21.21, Glycemic Load:7.92, Inflammation Score:-4, Nutrition Score:7.4452173347059%

### Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 775.7kcal (38.79%), Fat: 45.38g (69.82%), Saturated Fat: 24.17g (151.04%), Carbohydrates: 87.05g (29.02%), Net Carbohydrates: 83.9g (30.51%), Sugar: 67.57g (75.08%), Cholesterol: 37.97mg (12.66%), Sodium: 432.94mg (18.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.5g (17%), Vitamin B3: 3.6mg (17.98%), Iron: 2.61mg (14.5%), Folate: 52.9µg (13.22%), Copper: 0.26mg (12.95%), Fiber: 3.15g (12.61%), Magnesium: 48.76mg (12.19%), Manganese: 0.24mg (11.8%), Vitamin B1: 0.16mg (10.51%), Phosphorus: 101.52mg (10.15%), Vitamin A: 462.12IU (9.24%), Potassium: 302.27mg (8.64%), Vitamin B2: 0.1mg (5.74%), Zinc: 0.84mg (5.59%), Vitamin K: 4.93µg (4.69%), Selenium: 2.98µg (4.25%), Calcium: 41.83mg (4.18%), Vitamin C: 2.73mg (3.3%), Vitamin E: 0.49mg (3.29%), Vitamin B6: 0.07mg (3.28%), Vitamin B5: 0.18mg (1.84%)