



Overnight Orange and Vanilla Bean Sticky Buns

READY IN



760 min.

SERVINGS



12

CALORIES



544 kcal

Ingredients

- ☐ 2 lb bread dough white frozen thawed
- ☐ 0.3 cup brown sugar packed
- ☐ 1.5 cups brown sugar packed
- ☐ 0.8 cup butter
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup honey
- ☐ 3 tablespoons orange juice
- ☐ 2 teaspoons orange zest grated

- ☐ 1 cup pecans toasted
- ☐ 0.3 teaspoon salt
- ☐ 1 vanilla pod split
- ☐ 0.3 cup water
- ☐ 0.3 cup whipping cream

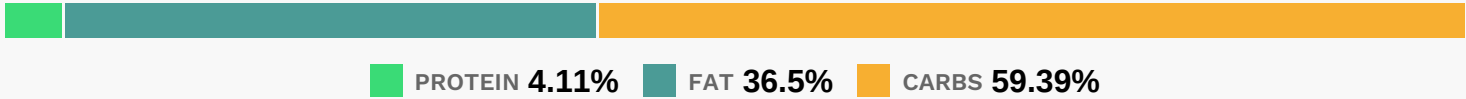
Equipment

- ☐ 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 350F.
- ☐ Bake 35 to 45 minutes or until golden brown. Cool in pan 20 minutes. Cover pan with platter, and carefully flip over.

Nutrition Facts



Properties

Glycemic Index:19.95, Glycemic Load:7.22, Inflammation Score:-3, Nutrition Score:3.8795651923055%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg 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: 544.01kcal (27.2%), Fat: 22.13g (34.05%), Saturated Fat: 9.32g (58.28%), Carbohydrates: 81.04g (27.01%), Net Carbohydrates: 78.63g (28.59%), Sugar: 43.9g (48.78%), Cholesterol: 37.97mg (12.66%), Sodium: 506.72mg (22.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Manganese: 0.43mg (21.47%), Fiber: 2.42g (9.67%), Vitamin A: 466.74IU (9.33%), Copper: 0.12mg (6.1%), Calcium: 43.63mg (4.36%), Vitamin B1: 0.06mg (4.05%), Magnesium: 14.5mg (3.62%), Vitamin E: 0.51mg (3.41%), Vitamin C: 2.76mg (3.35%), Phosphorus: 32.65mg (3.27%), Zinc: 0.44mg (2.93%), Potassium: 101.1mg (2.89%), Iron: 0.51mg (2.85%), Vitamin B2: 0.03mg (2%), Vitamin B6: 0.04mg (1.9%), Selenium: 1.15µg (1.65%), Vitamin B5: 0.16mg (1.63%), Vitamin K: 1.55µg (1.48%), Folate: 4.4µg (1.1%)