



## Overnight Pecan Rolls

READY IN



875 min.

SERVINGS



15

CALORIES



391 kcal

### Ingredients

- 3.5 cups flour all-purpose for flour
- 0.3 cup granulated sugar
- 1 teaspoon salt
- 2 packages yeast dry quick
- 1 cup milk (120°F to 130°F)
- 0.3 cup butter softened
- 1 eggs
- 1 cup brown sugar packed
- 0.5 cup butter
- 0.3 cup corn syrup dark

- 0.8 cup cashew pieces
- 0.5 cup pecans chopped
- 0.3 cup brown sugar packed
- 1 teaspoon ground cinnamon
- 2 tablespoons butter softened

## Equipment

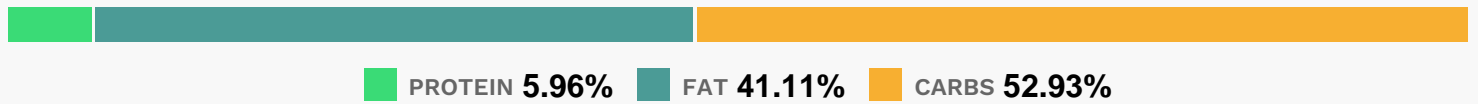
- bowl
- frying pan
- sauce pan
- oven
- hand mixer

## Directions

- In large bowl, mix 2 cups of the flour, the granulated sugar, salt and yeast.
- Add milk, 1/3 cup butter and the egg. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Stir in enough remaining flour, 1 cup at a time, to make dough easy to handle.
- On lightly floured surface, gently roll dough in flour to coat. Knead about 5 minutes or until smooth and elastic.
- Place in greased large bowl, turning dough to grease all sides. Cover and let rise in warm place about 1 hour 30 minutes or until double. (Dough is ready if indentation remains when touched.)
- Grease 13x9-inch pan. In 1-quart saucepan, heat 1 cup brown sugar and 1/2 cup butter to boiling, stirring constantly; remove from heat. Stir in corn syrup; cool 5 minutes.
- Pour into pan.
- Sprinkle with pecan halves.
- In small bowl, mix all filling ingredients except 2 tablespoons butter until crumbly. Punch down dough. On floured surface, pat or roll into 15x10-inch rectangle.
- Spread with 2 tablespoons butter; sprinkle with filling.

- Roll up tightly, beginning at 15-inch side. Pinch edge of dough into roll to seal; stretch and shape to make even.
- Cut into fifteen 1-inch slices.
- Place slightly apart in pan.
- Cover unbaked rolls tightly; immediately refrigerate at least 12 hours (to allow for rising) but no longer than 48 hours.
- Heat oven to 350°F. Uncover and bake 30 to 35 minutes or until golden brown. Immediately place heatproof serving plate upside down onto pan; turn plate and pan over.
- Let pan remain about 1 minute so caramel can drizzle over rolls.

## Nutrition Facts



### Properties

Glycemic Index:20.89, Glycemic Load:23.92, Inflammation Score:-6, Nutrition Score:9.265217428622%

### Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

### Nutrients (% of daily need)

Calories: 391.39kcal (19.57%), Fat: 18.27g (28.11%), Saturated Fat: 3.59g (22.46%), Carbohydrates: 52.93g (17.64%), Net Carbohydrates: 51.26g (18.64%), Sugar: 28.03g (31.14%), Cholesterol: 12.86mg (4.29%), Sodium: 317.74mg (13.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.92%), Vitamin B1: 0.4mg (26.35%), Manganese: 0.51mg (25.74%), Folate: 79.34µg (19.84%), Selenium: 13.01µg (18.58%), Vitamin B2: 0.23mg (13.68%), Copper: 0.25mg (12.3%), Iron: 2.11mg (11.74%), Phosphorus: 112.77mg (11.28%), Vitamin B3: 2.25mg (11.27%), Vitamin A: 562.49IU (11.25%), Magnesium: 35.08mg (8.77%), Fiber: 1.67g (6.68%), Zinc: 0.93mg (6.21%), Calcium: 53.29mg (5.33%), Vitamin B5: 0.48mg (4.85%), Potassium: 159.7mg (4.56%), Vitamin B6: 0.09mg (4.29%), Vitamin E: 0.62mg (4.12%), Vitamin K: 2.52µg (2.4%), Vitamin B12: 0.13µg (2.15%), Vitamin D: 0.24µg (1.58%)