



## Pecan Breakfast Loaf

READY IN



55 min.

SERVINGS



16

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 tablespoons butter
- 0.3 cup powdered sugar
- 2 teaspoons ground cinnamon
- 2 tablespoons honey
- 0.3 cup pecans
- 0.3 cup pecans chopped
- 16 ounces regular crescent rolls refrigerated
- 0.5 cup sugar
- 1 teaspoon vanilla extract

## Equipment

- frying pan
- sauce pan
- oven
- wire rack
- loaf pan

## Directions

- Separate crescent dough into 16 triangles.
- Spread each with butter.
- Combine sugar, chopped pecans and cinnamon; sprinkle over triangles. Beginning at the wide end, roll up each triangle.
- In a greased 9-in. x 5-in. loaf pan, place rolls, point side down, widthwise in two layers.
- Bake at 375° for 35–40 minutes or until golden brown. Cool for 10 minutes before removing from pan to a wire rack.
- Top with pecan halves. In a small saucepan, combine glaze ingredients; bring to a boil, stirring constantly. Cool for 5 minutes.
- Drizzle over warm bread.

## Nutrition Facts



**PROTEIN 2.89%** **FAT 48.49%** **CARBS 48.62%**

## Properties

Glycemic Index:12.34, Glycemic Load:5.51, Inflammation Score:-1, Nutrition Score:1.1143478140559%

## Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-

gallate: 0.07mg

## **Nutrients (% of daily need)**

Calories: 174.9kcal (8.75%), Fat: 9.88g (15.2%), Saturated Fat: 3.65g (22.83%), Carbohydrates: 22.28g (7.43%), Net Carbohydrates: 21.83g (7.94%), Sugar: 13.23g (14.7%), Cholesterol: 3.76mg (1.25%), Sodium: 234.05mg (10.18%), Alcohol: 0.09g (100%), Alcohol %: 0.24% (100%), Protein: 1.32g (2.65%), Manganese: 0.19mg (9.65%), Iron: 0.48mg (2.65%), Copper: 0.04mg (2.08%), Fiber: 0.45g (1.8%), Vitamin B1: 0.02mg (1.44%), Zinc: 0.16mg (1.07%), Magnesium: 4.2mg (1.05%)