



Pecan Crescent Twists

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



389 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 tablespoons maple syrup
- ☐ 6 tablespoons butter divided melted
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 cup powdered sugar
- ☐ 16 ounce crescent rolls refrigerated canned
- ☐ 0.3 cup sugar

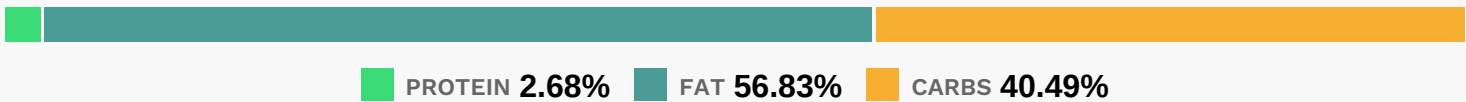
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Unroll crescent rolls, and separate each can into 4 rectangles, pressing perforations to seal.
- ☐ Brush evenly with 4 tablespoons melted butter.
- ☐ Stir together pecans and next 3 ingredients; sprinkle 1 tablespoon mixture on each rectangle, pressing in gently.
- ☐ Roll up, starting at a long side, and twist.
- ☐ Cut 6 shallow (1/2-inch-long) diagonal slits in each roll. Shape rolls into rings, pressing ends together; place on a lightly greased baking sheet.
- ☐ Brush rings with remaining 2 tablespoons butter.
- ☐ Bake at 375 for 12 minutes or until golden.
- ☐ Stir together powdered sugar and maple syrup until glaze is smooth; drizzle over warm twists.

Nutrition Facts



Properties

Glycemic Index:23.95, Glycemic Load:5.63, Inflammation Score:-3, Nutrition Score:2.9330434702013%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 388.54kcal (19.43%), Fat: 25.58g (39.36%), Saturated Fat: 7.29g (45.54%), Carbohydrates: 41.02g (13.67%), Net Carbohydrates: 40.22g (14.63%), Sugar: 22.52g (25.03%), Cholesterol: 0mg (0%), Sodium: 544.79mg

(23.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.43%), Manganese: 0.47mg (23.33%), Vitamin A: 380.17IU (7.6%), Iron: 0.92mg (5.12%), Vitamin B2: 0.08mg (4.65%), Copper: 0.08mg (4.19%), Vitamin B1: 0.05mg (3.3%), Fiber: 0.79g (3.17%), Vitamin E: 0.43mg (2.84%), Magnesium: 9.82mg (2.45%), Zinc: 0.35mg (2.33%), Phosphorus: 21.51mg (2.15%), Calcium: 16.07mg (1.61%), Potassium: 45.05mg (1.29%)