



Pecan-Golden Raisin Sweet Rolls

READY IN



45 min.

SERVINGS



24

CALORIES



205 kcal

Ingredients

- ☐ 0.8 teaspoon apple pie spice
- ☐ 25 ounce roll dough frozen thawed
- ☐ 0.5 cup firmly brown sugar dark packed
- ☐ 0.3 cup butter melted
- ☐ 0.5 cup golden raisins
- ☐ 1.5 cups pecans chopped
- ☐ 2 cups powdered sugar
- ☐ 3 tablespoons water hot

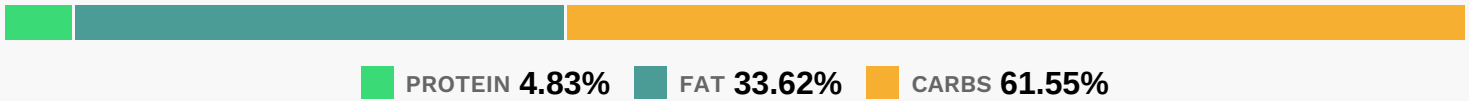
Equipment

- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 20
- ☐ Place dough balls in 2 greased 9-inch round cakepans. Turn off oven. Cover dough balls with plastic wrap; let rise in oven 25 to 30 minutes or until doubled in bulk.
- ☐ Remove from oven.
- ☐ Remove and discard plastic wrap.
- ☐ Stir together pecans and next 4 ingredients.
- ☐ Sprinkle mixture evenly over dough in pans.
- ☐ Bake at 350 for 12 to 15 minutes or until golden brown. Cool.
- ☐ Stir together powdered sugar and 3 tablespoons hot water.
- ☐ Drizzle evenly over rolls.
- ☐ Note: For testing purposes only, we used Rich's Enriched Homestyle
- ☐ Roll Dough.

Nutrition Facts



Properties

Glycemic Index:4.86, Glycemic Load:1.32, Inflammation Score:-1, Nutrition Score:2.1217390865735%

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 Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 204.91kcal (10.25%), Fat: 7.71g (11.86%), Saturated Fat: 1.65g (10.28%), Carbohydrates: 31.76g (10.59%),
Net Carbohydrates: 30.4g (11.05%), Sugar: 16.29g (18.1%), Cholesterol: 5.08mg (1.69%), Sodium: 156.06mg (6.79%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Manganese: 0.33mg (16.46%), Fiber: 1.36g
(5.44%), Copper: 0.1mg (4.81%), Vitamin B1: 0.05mg (3.03%), Magnesium: 9.86mg (2.47%), Phosphorus: 23.17mg
(2.32%), Zinc: 0.32mg (2.16%), Potassium: 57.74mg (1.65%), Iron: 0.28mg (1.54%), Vitamin B6: 0.03mg (1.31%),
Vitamin A: 63.07IU (1.26%), Calcium: 11.32mg (1.13%), Vitamin E: 0.16mg (1.03%), Vitamin B2: 0.02mg (1.02%)