



Pecan Sticky Buns

READY IN



100 min.

SERVINGS



24

CALORIES



253 kcal

BREAD

Ingredients

- 4.5 teaspoons yeast dry
- 2 teaspoons double-acting baking powder
- 0.5 cup brown sugar packed
- 0.5 cup butter melted
- 1.3 cups buttermilk
- 2 eggs
- 5.5 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 0.5 cup butter softened

- 1 cup pecans chopped
- 2 teaspoons salt
- 0.5 cup water (110 degrees F/45 degrees C)
- 0.5 cup granulated sugar white

Equipment

- bowl
- frying pan
- oven
- mixing bowl
- blender

Directions

- Dissolve yeast in warm water in a large mixing bowl.
- Add buttermilk, eggs, 2 1/2 cups flour, 1/2 cup of the butter or margarine, 1/2 cup of the sugar, baking powder and salt. Blend 30 seconds with mixer on low speed, scraping sides and bottom of bowl. Beat 2 minutes on medium speed. Stir in remaining 3 cups flour. (Dough should remain soft and slightly sticky) Knead for 5 minutes, or about 200 turns on a lightly floured board. Cover dough and allow to rest for half an hour.
- Divide dough in half and roll each half into a 12x7 inch rectangle.
- Spread each half with 1 tablespoon soft butter and sprinkle with 1/4 cup of the sugar and 1 teaspoon of the ground cinnamon.
- Roll up the halves, beginning at the wide side. Seal well by pinching the seams.
- Cut each roll into 12 slices.
- Coat two 9 inch round cake pans with 1/4 cup melted butter, 1/4 cup brown sugar, and 1/2 cup chopped pecans in each pan.
- Place 12 dough slices in each pan, leaving a small space between slices.
- Let rise until doubled.
- Bake in a preheated 375 degrees F (190 degrees C) oven for 30 minutes. Invert pans onto serving plates immediately.

Nutrition Facts

PROTEIN 7.15% FAT 42.31% CARBS 50.54%

Properties

Glycemic Index:13.88, Glycemic Load:19.02, Inflammation Score:-5, Nutrition Score:7.0452174032512%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 252.5kcal (12.63%), Fat: 12.02g (18.49%), Saturated Fat: 3.9g (24.4%), Carbohydrates: 32.29g (10.76%), Net Carbohydrates: 30.83g (11.21%), Sugar: 9.49g (10.55%), Cholesterol: 25.18mg (8.39%), Sodium: 324.92mg (14.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.14%), Vitamin B1: 0.33mg (21.81%), Manganese: 0.44mg (21.79%), Folate: 69.66µg (17.42%), Selenium: 11.65µg (16.64%), Vitamin B2: 0.21mg (12.54%), Vitamin B3: 2mg (10.02%), Iron: 1.61mg (8.96%), Phosphorus: 74.93mg (7.49%), Vitamin A: 330.8IU (6.62%), Fiber: 1.46g (5.82%), Copper: 0.11mg (5.4%), Calcium: 52mg (5.2%), Zinc: 0.56mg (3.72%), Magnesium: 14.7mg (3.67%), Vitamin B5: 0.36mg (3.63%), Vitamin E: 0.39mg (2.59%), Potassium: 86.9mg (2.48%), Vitamin B6: 0.04mg (2.22%), Vitamin B12: 0.1µg (1.72%), Vitamin D: 0.24µg (1.57%)