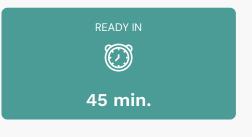


Pecan Sticky Buns







Ingredients

	0.5 loaf white-bread dough frozen thawed () (not pizza)
	0.5 cup brown sugar
	6 tablespoons butter melted

1 tablespoon ground cinnamon

36 pecan halves chopped

Equipment

oven
wire rack
plastic wrap

	aluminum foil
	wax paper
	muffin liners
	muffin tray
Di	rections
	To make it
	Coat a 12-cup muffin tin with cooking spray. Spoon 1 teaspoon melted butter, 1 teaspoon brown sugar, and 3 pecan halves into each muffin cup; set aside. On a lightly floured surface, roll the bread dough into a 14-by-8-inch rectangle.
	Brush with the remaining melted butter, then sprinkle with the cinnamon, chopped pecans, and remaining brown sugar.
	Roll into a 14-inch-long log.
	Cut into 12 pieces and place each one cut-side down into a muffin cup. Cover loosely with plastic wrap. Set aside for 25 minutes or until risen slightly.
	Heat oven to 325F.
	Remove the wrap and bake 15 minutes or until golden.
	Place a wire rack over a sheet of wax paper. Turn the muffin tin onto the rack, wait 5 minutes, then remove the tin. Cool completely. (Can be made ahead to this point. Return the buns to the cleaned muffin tin. Cover with foil and freeze up to 1 month. Thaw before reheating at 250 F for 10 to 15 minutes. Cool as above.)
	To fake itand save 55 minutes
	Heat oven to 325 F. Coat a 12-cup muffin tin with cooking spray. Spoon 1 tablespoon melted butter, 1 tablespoon brown sugar, 1/4 teaspoon ground cinnamon, and 3 pecan halves into each muffin cup. Open two 3-ounce packages brown-and-serve rolls and divide among the muffin cups.
	Bake 10 minutes or until golden. Placa a wire rack over a sheet of wax paper. Turn the muffin tin onto the rack, wait 5 minutes, then remove the tin.
	Nutrition Facts
	PROTEIN 3.76% FAT 48.27% CARBS 47.97%

Properties

Glycemic Index:5.42, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.5652173948677%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.07mg, Epigallocatechin:

Nutrients (% of daily need)

Calories: 155.17kcal (7.76%), Fat: 8.39g (12.91%), Saturated Fat: 3.79g (23.66%), Carbohydrates: 18.77g (6.26%), Net Carbohydrates: 17.76g (6.46%), Sugar: 9.03g (10.03%), Cholesterol: 15.05mg (5.02%), Sodium: 135.83mg (5.91%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 1.47g (2.95%), Manganese: 0.26mg (12.87%), Fiber: 1.01g (4.03%), Vitamin A: 178.58IU (3.57%), Copper: 0.04mg (2.13%), Calcium: 18.07mg (1.81%), Vitamin E: 0.22mg (1.47%), Vitamin B1: 0.02mg (1.35%), Magnesium: 4.99mg (1.25%), Iron: 0.2mg (1.1%), Phosphorus: 10.78mg (1.08%), Zinc: 0.16mg (1.05%)