



Pecan Sticky Buns

READY IN



45 min.

SERVINGS



12

CALORIES



155 kcal

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

Directions

- ☐ 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 it...and 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. Place 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 Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg 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: 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: 0g (100%), Alcohol %: 0% (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%)