



Pecan Sticky Rolls

READY IN



45 min.

SERVINGS



15

CALORIES



288 kcal

BREAD

Ingredients

- ☐ 1.5 tablespoons butter melted
- ☐ 3 tablespoons butter cooled melted
- ☐ 3 tablespoons butter melted
- ☐ 0.8 cup brown sugar dark packed
- ☐ 2.3 teaspoons yeast dry
- ☐ 0.5 cup egg substitute
- ☐ 4 cups flour all-purpose divided
- ☐ 0.3 cup granulated sugar
- ☐ 0.7 cup granulated sugar

- ☐ 1 tablespoon ground cinnamon
- ☐ 0.3 cup pecans toasted finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup warm skim milk (100° to 110°)
- ☐ 0.3 cup warm water (100° to 110°)
- ☐ 2 tablespoons water hot

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ spatula
- ☐ measuring cup

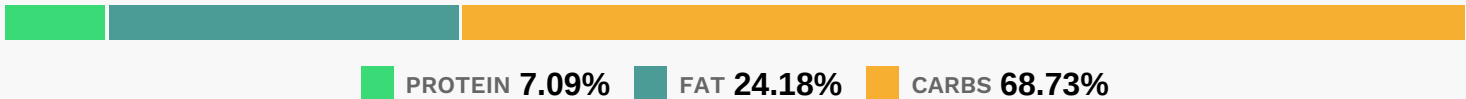
Directions

- ☐ To prepare dough, combine the first 3 ingredients in a large bowl.
- ☐ Dissolve yeast in 1/4 cup warm water in a small bowl; let stand 5 minutes. Stir yeast mixture into milk mixture.
- ☐ Add egg substitute and 3 tablespoons melted butter; stir until well combined.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 8 ounces (about 3 3/4 cups) flour to yeast mixture; stir until smooth. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel slightly soft and tacky).
- ☐ Place dough in a large bowl coated with cooking spray; turn to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes. Punch dough down and turn over in bowl; lightly coat with cooking spray. Cover and let rise another 45 minutes. Punch dough down;

cover and let rest 5 minutes.

- ☐ To prepare sauce, combine brown sugar, 3 tablespoons butter, and 2 tablespoons hot water in a small bowl; stir with a whisk until smooth. Scrape sugar mixture into a 13 x 9inch baking pan coated with cooking spray, spreading evenly over bottom of pan with a spatula.
- ☐ Sprinkle sugar mixture evenly with pecans, and set aside.
- ☐ To prepare filling, combine 2/3 cup granulated sugar and cinnamon in a small bowl. Turn dough out onto a lightly floured surface; pat dough into a 16 x 12inch rectangle.
- ☐ Brush surface of dough with 1 1/2 tablespoons melted butter.
- ☐ Sprinkle sugar mixture evenly over dough, leaving a 1/2-inch border. Beginning with a long side, roll up dough jelly-roll fashion; pinch seam to seal (do not seal ends of roll).
- ☐ Cut roll into 15 slices (approximately 1 inch wide). Arrange slices, cut sides up, in prepared pan. Lightly coat rolls with cooking spray; cover and let rise in a warm place (85), free from drafts, 30 minutes or until doubled in size.
- ☐ Preheat oven to 35
- ☐ Uncover rolls, and bake at 350 for 20 minutes or until lightly browned.
- ☐ Let stand 1 minute; carefully invert onto serving platter.

Nutrition Facts



Properties

Glycemic Index:27.56, Glycemic Load:27.15, Inflammation Score:-4, Nutrition Score:7.456956481804%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 287.96kcal (14.4%), Fat: 7.84g (12.06%), Saturated Fat: 3.81g (23.82%), Carbohydrates: 50.12g (16.71%), Net Carbohydrates: 48.58g (17.67%), Sugar: 23.85g (26.5%), Cholesterol: 15.42mg (5.14%), Sodium: 147.93mg

(6.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Vitamin B1: 0.35mg (23.06%), Manganese: 0.44mg (21.98%), Selenium: 15.27µg (21.81%), Folate: 74.33µg (18.58%), Vitamin B2: 0.24mg (14.02%), Vitamin B3: 2.23mg (11.16%), Iron: 1.91mg (10.6%), Phosphorus: 67.01mg (6.7%), Fiber: 1.54g (6.17%), Calcium: 45.35mg (4.53%), Copper: 0.09mg (4.5%), Vitamin A: 220.85IU (4.42%), Vitamin B5: 0.43mg (4.31%), Magnesium: 14.7mg (3.67%), Zinc: 0.54mg (3.57%), Potassium: 106.42mg (3.04%), Vitamin B6: 0.05mg (2.5%), Vitamin E: 0.36mg (2.37%), Vitamin B12: 0.11µg (1.84%), Vitamin D: 0.26µg (1.75%)