

# **Pecan Sticky Rolls**







BREAD

## Ingredients

i.5 tablespoons butter meited
3 tablespoons butter cooled melted
3 tablespoons butter melted
O.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
uipment
bowl
frying pan
oven
knife
whisk
baking pan
spatula
measuring cup
rections
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 11/2 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		
PROTEIN 7.09% FAT 24.18% CARBS 68.73%		

### **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 Catechin: 0.18mg, Catechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epigallocatechin: 0.02mg 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 %: O% (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%)