



Praline Pull-Apart Bread

READY IN



15 min.

SERVINGS



12

CALORIES



492 kcal

Ingredients

- ☐ 2 lb bread roll dough frozen
- ☐ 0.8 cup firmly brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 1 cup granulated sugar
- ☐ 4 teaspoons ground cinnamon divided
- ☐ 1 cup pecans chopped
- ☐ 0.8 cup whipping cream

Equipment

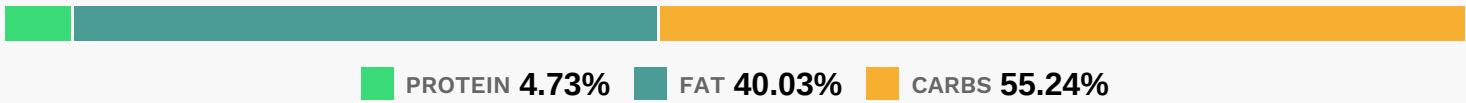
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Stir together granulated sugar and 3 tsp. cinnamon. Coat each roll in butter; dredge rolls in sugar mixture. Arrange in a lightly greased 10-inch tube pan; sprinkle with pecans. Cover and chill 8 to 18 hours.
- ☐ Preheat oven to 32
- ☐ Beat whipping cream at high speed with an electric mixer until soft peaks form; stir in brown sugar and remaining 1 tsp. cinnamon.
- ☐ Pour mixture over dough.
- ☐ Place pan on an aluminum foil-lined baking sheet.
- ☐ Bake at 325 for 1 hour or until golden brown. Cool on a wire rack 10 minutes; invert onto a serving plate, and drizzle with any remaining glaze in pan.
- ☐ Note: We tested with Rhodes White Dinner
- ☐ Rolls.

Nutrition Facts



Properties

Glycemic Index:11.26, Glycemic Load:11.69, Inflammation Score:-3, Nutrition Score:3.9908695661503%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate:

0.21mg

Nutrients (% of daily need)

Calories: 491.81kcal (24.59%), Fat: 21.86g (33.63%), Saturated Fat: 8.85g (55.29%), Carbohydrates: 67.87g (22.62%), Net Carbohydrates: 65.17g (23.7%), Sugar: 30.79g (34.21%), Cholesterol: 37.14mg (12.38%), Sodium: 424.46mg (18.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.63%), Manganese: 0.53mg (26.74%), Fiber: 2.7g (10.8%), Vitamin A: 462.08IU (9.24%), Copper: 0.12mg (6.03%), Vitamin B1: 0.06mg (4.24%), Phosphorus: 37.03mg (3.7%), Calcium: 36.71mg (3.67%), Magnesium: 13.86mg (3.46%), Vitamin E: 0.5mg (3.33%), Zinc: 0.47mg (3.16%), Vitamin B2: 0.05mg (2.73%), Iron: 0.41mg (2.27%), Potassium: 75.14mg (2.15%), Selenium: 1.17µg (1.67%), Vitamin D: 0.24µg (1.59%), Vitamin K: 1.66µg (1.58%), Vitamin B6: 0.03mg (1.56%), Vitamin B5: 0.15mg (1.47%)