



Pull-Apart Caramel Loaf

READY IN



170 min.

SERVINGS



6

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 6 cinnamon bun dough frozen
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 2 tablespoons plus light
- ☐ 2 tablespoons whipping cream

Equipment

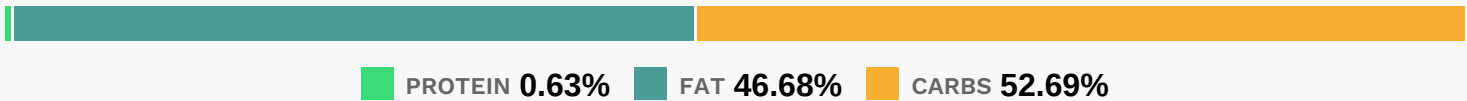
- ☐ frying pan
- ☐ sauce pan

- ☐ oven
- ☐ plastic wrap
- ☐ loaf pan
- ☐ cutting board

Directions

- ☐ Heat oven to 175°F.
- ☐ Place rolls on cutting board.
- ☐ Let stand 10 minutes or until partially thawed.
- ☐ Meanwhile, in 1-quart saucepan, heat brown sugar and butter over medium heat, stirring constantly, until butter is melted. Stir in corn syrup and whipping cream.
- ☐ Pour brown sugar mixture into 9x5-inch loaf pan, covering bottom completely.
- ☐ Cut each cinnamon roll in half crosswise. Arrange roll halves randomly over brown sugar mixture in pan. Cover loosely with plastic wrap sprayed with cooking spray.
- ☐ Place pan in oven and turn off heat.
- ☐ Let rise 1 hour 10 minutes to 1 hour 30 minutes or until loaf has at least doubled in size and top of loaf is 1 inch from top of pan.
- ☐ Remove from oven.
- ☐ Heat oven to 350°F.
- ☐ Remove plastic wrap.
- ☐ Bake loaf 25 to 30 minutes or until golden brown.
- ☐ Place heatproof tray or serving plate upside down over pan; immediately turn tray and pan over.
- ☐ Let pan remain 1 minute so caramel can drizzle over loaf; remove pan.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:1.37, Inflammation Score:-3, Nutrition Score:0.91695650585968%

Nutrients (% of daily need)

Calories: 178.9kcal (8.95%), Fat: 9.59g (14.75%), Saturated Fat: 2.79g (17.47%), Carbohydrates: 24.34g (8.11%), Net Carbohydrates: 24.34g (8.85%), Sugar: 23.78g (26.42%), Cholesterol: 5.65mg (1.88%), Sodium: 107.4mg (4.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.59%), Vitamin A: 411.82IU (8.24%), Vitamin E: 0.34mg (2.26%), Calcium: 22.31mg (2.23%)