



Pull-Apart Maple Pecan Sticky Buns

READY IN



45 min.

SERVINGS



20

CALORIES



265 kcal

Ingredients

- 0.5 cup butter divided
- 24 oz flaky buttermilk biscuits refrigerated canned
- 8 oz philadelphia cream cheese cut into 20 cubes
- 1 tsp ground cinnamon
- 0.3 cup pancake syrup
- 0.8 cup planters pecans chopped
- 0.5 cup sugar

Equipment

- bowl

frying pan

oven

Directions

Heat oven to 400F.

Sprinkle nuts onto bottom of 12-cup fluted pan or 10-inch tube pan sprayed with cooking spray. Melt 2 Tbsp. butter in small microwaveable bowl. Stir in syrup; drizzle over nuts in pan.

Melt remaining butter.

Mix sugar and cinnamon in shallow dish. Separate dough into 20 biscuits; flatten each to 1/4-inch thickness.

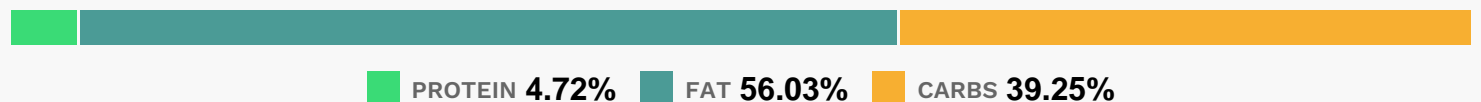
Roll cream cheese cubes in cinnamon sugar until evenly coated; place 1 on center of each biscuit. Gather up sides of dough to enclose filling; press edges together to seal.

Roll each into ball; dip top in remaining butter, then in remaining cinnamon sugar. Arrange half the balls, cinnamon sugar-sides up, in prepared pan. Repeat with remaining balls to form second layer. Top with any remaining butter and cinnamon sugar.

Bake 30 min. or until golden brown. Cool buns in pan 1 min.; invert onto serving plate.

Remove pan. Top buns with any remaining nuts in pan; cool slightly.

Nutrition Facts



Properties

Glycemic Index:11.35, Glycemic Load:14.12, Inflammation Score:-3, Nutrition Score:5.2621739297781%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 265.31kcal (13.27%), Fat: 16.89g (25.99%), Saturated Fat: 6.34g (39.61%), Carbohydrates: 26.62g (8.87%), Net Carbohydrates: 25.75g (9.36%), Sugar: 6.75g (7.5%), Cholesterol: 24.2mg (8.07%), Sodium: 397.77mg (17.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Phosphorus: 170.67mg (17.07%), Manganese: 0.33mg (16.45%), Vitamin B1: 0.17mg (11.55%), Selenium: 7.64µg (10.91%), Vitamin B2: 0.13mg (7.86%), Iron: 1.25mg (6.93%), Folate: 25.83µg (6.46%), Vitamin A: 300.46IU (6.01%), Vitamin B3: 1.2mg (6%), Vitamin E: 0.73mg (4.89%), Copper: 0.09mg (4.33%), Fiber: 0.87g (3.47%), Calcium: 33.09mg (3.31%), Potassium: 108.57mg (3.1%), Magnesium: 11.59mg (2.9%), Zinc: 0.4mg (2.66%), Vitamin K: 2.2µg (2.1%), Vitamin B5: 0.21mg (2.07%), Vitamin B6: 0.03mg (1.53%), Vitamin B12: 0.08µg (1.37%)