

Pumpkin Sticky Buns

 Vegetarian

READY IN



120 min.

SERVINGS



12

CALORIES



467 kcal

Ingredients

- 4 cups flour
- 1.5 cups brown sugar
- 0.3 butter softened
- 2 tbsp cinnamon
- 2 eggs
- 2 tbsp yeast instant
- 0.5 cup pumpkin puree
- 0.5 tsp salt
- 0.3 cup vegetable oil

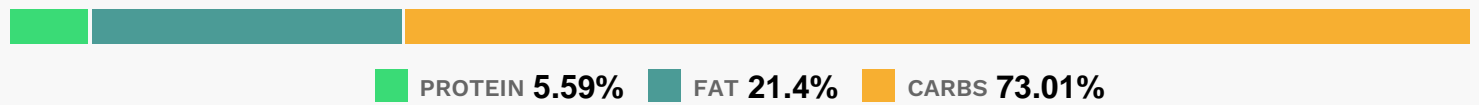
- 0.8 cup water
- 0.8 cup whipping cream
- 1.5 cups granulated sugar white

Equipment

Directions

- See full recipe at becauseilikechocolate.com.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:40.47, Inflammation Score:-8, Nutrition Score:12.446521569853%

Nutrients (% of daily need)

Calories: 467.01kcal (23.35%), Fat: 11.32g (17.41%), Saturated Fat: 4.46g (27.89%), Carbohydrates: 86.85g (28.95%), Net Carbohydrates: 84.2g (30.62%), Sugar: 52.56g (58.4%), Cholesterol: 44.15mg (14.72%), Sodium: 122.69mg (5.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.31%), Vitamin B1: 0.56mg (37.05%), Vitamin A: 1851.51IU (37.03%), Folate: 128.67µg (32.17%), Manganese: 0.55mg (27.69%), Selenium: 17.54µg (25.06%), Vitamin B2: 0.36mg (21.07%), Vitamin B3: 3.36mg (16.82%), Iron: 2.58mg (14.33%), Fiber: 2.65g (10.6%), Vitamin K: 11.02µg (10.5%), Phosphorus: 86.4mg (8.64%), Vitamin B5: 0.68mg (6.85%), Calcium: 60.04mg (6%), Copper: 0.11mg (5.4%), Vitamin E: 0.75mg (5%), Magnesium: 17.92mg (4.48%), Potassium: 151.67mg (4.33%), Vitamin B6: 0.09mg (4.25%), Zinc: 0.63mg (4.23%), Vitamin D: 0.38µg (2.56%), Vitamin B12: 0.09µg (1.51%)