

## Quick Sticky Buns

 Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



164 kcal

### Ingredients

- 10 ounce biscuits refrigerated canned
- 2 tablespoons corn syrup dark
- 1 teaspoon ground cinnamon
- 0.5 cup brown sugar light packed
- 2 tablespoons butter melted
- 0.3 cup pecans chopped

### Equipment

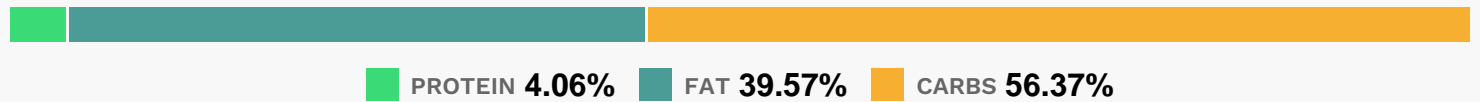
- bowl
- oven

cake form

## Directions

- Cut each biscuit in half and form each piece into a ball.
- Combine sugar, cinnamon and pecans in small bowl. Dip each biscuit half into margarine, then into sugar mixture.
- Place in greased 8-inch cake pan.
- Mix remaining margarine and sugar and spoon over biscuits balls.
- Drizzle corn syrup over all .
- Bake at 450 degrees F (230 degrees C) for 10-12 minutes.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:14.17, Glycemic Load:9.82, Inflammation Score:-1, Nutrition Score:3.3291304464573%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

## Nutrients (% of daily need)

Calories: 164.43kcal (8.22%), Fat: 7.41g (11.41%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 23.77g (7.92%), Net Carbohydrates: 23.15g (8.42%), Sugar: 12.65g (14.06%), Cholesterol: 0.24mg (0.08%), Sodium: 252.81mg (10.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Manganese: 0.23mg (11.67%), Phosphorus: 109.29mg (10.93%), Vitamin B1: 0.12mg (7.77%), Selenium: 4.75µg (6.78%), Iron: 0.93mg (5.16%), Vitamin B2: 0.07mg (4.31%), Folate: 17.16µg (4.29%), Vitamin B3: 0.83mg (4.16%), Vitamin E: 0.42mg (2.8%), Copper: 0.05mg (2.68%), Fiber: 0.61g (2.45%), Calcium: 23.8mg (2.38%), Potassium: 77.73mg (2.22%), Magnesium: 8.05mg (2.01%), Vitamin A: 85.7IU (1.71%), Zinc: 0.22mg (1.49%), Vitamin B5: 0.11mg (1.06%), Vitamin K: 1.1µg (1.05%), Vitamin B6: 0.02mg (1.02%)