



Rum-Glazed Coffee Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



253 kcal

Ingredients

- ☐ 1 cup firmly brown sugar packed
- ☐ 0.3 cup butter melted
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- ☐ 22 ounce biscuits refrigerated canned
- ☐ 0.3 cup hot-brewed coffee brewed
- ☐ 2 tablespoons rum dark
- ☐ 2 tablespoons coffee granules instant
- ☐ 0.5 cup pecans coarsely chopped
- ☐ 0.7 cup sugar

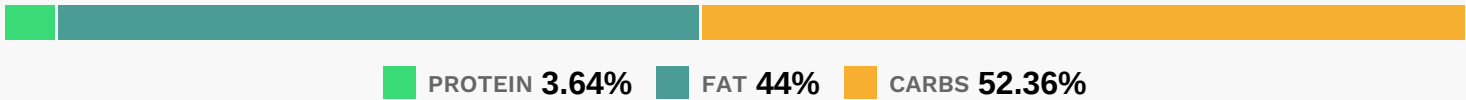
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ kugelhopf pan

Directions

- ☐ Sprinkle pecans in a heavily greased 12-cup Bundt pan.
- ☐ Combine brown sugar and next 3 ingredients, stirring well.
- ☐ Pour mixture into pan.
- ☐ Combine 2/3 cup sugar and coffee granules in a shallow bowl; stir well. Separate biscuits; dip biscuits in 1/3 cup melted butter, and dredge in sugar mixture. Stand biscuits on edge around pan, placing 12 on outer side and 8 on inner side of pan.
- ☐ Bake at 350 for 28 minutes. Cool in pan on a wire rack 5 minutes. Invert onto a serving platter, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:14.23, Inflammation Score:-3, Nutrition Score:4.4486956436025%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 252.99kcal (12.65%), Fat: 12.46g (19.17%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 33.37g (11.12%), Net Carbohydrates: 32.7g (11.89%), Sugar: 18.52g (20.57%), Cholesterol: 0.31mg (0.1%), Sodium: 359.62mg (15.64%), Alcohol: 0.5g (100%), Alcohol %: 0.99% (100%), Caffeine: 17.28mg (5.76%), Protein: 2.32g (4.64%), Phosphorus: 145.3mg (14.53%), Manganese: 0.26mg (13.1%), Vitamin B1: 0.15mg (10.17%), Selenium: 6.2µg (8.86%), Iron: 1.2mg (6.68%), Vitamin B3: 1.24mg (6.2%), Vitamin B2: 0.1mg (5.99%), Folate: 22.68µg (5.67%), Vitamin A: 238.98IU (4.78%), Vitamin E: 0.66mg (4.37%), Potassium: 118.24mg (3.38%), Copper: 0.07mg (3.27%), Calcium: 29.15mg (2.92%), Magnesium: 11.54mg (2.89%), Fiber: 0.67g (2.67%), Zinc: 0.28mg (1.87%), Vitamin B5: 0.15mg (1.48%), Vitamin K: 1.39µg (1.32%), Vitamin B6: 0.03mg (1.28%)