



## Rum-Raisin Sticky Buns

READY IN



45 min.

SERVINGS



16

CALORIES



291 kcal

### Ingredients

- ☐ 1 pound bread dough frozen thawed
- ☐ 1 cup firmly brown sugar packed
- ☐ 0.3 lb butter
- ☐ 0.3 cup plus dark
- ☐ 0.3 cup rum dark
- ☐ 1 large eggs with 1 tablespoon water beaten to blend
- ☐ 2 teaspoons ground cinnamon
- ☐ 1.5 cups pecan halves
- ☐ 1 cup raisins
- ☐ 0.3 teaspoon salt

## Equipment

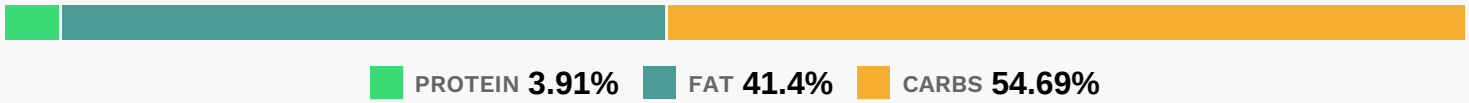
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ baking pan
- ☐ rolling pin

## Directions

- ☐ In a bowl, pour 1/4 cup rum over raisins; let stand until slightly plumped, at least 1 hour. Butter a 9-inch square springform or regular baking pan.
- ☐ In a food processor, whirl 1 cup pecans, 1/4 cup butter, 1/4 cup brown sugar, cinnamon, salt, and raisins with rum until finely chopped.
- ☐ On a floured surface, with a floured rolling pin, roll bread dough into a 16- by 8-inch rectangle. (If dough springs back, let rest for 5 minutes, then roll again.)
- ☐ Spread rum-raisin filling over dough, leaving a 1/2-inch margin bare along one long edge.
- ☐ Starting at opposite edge, roll dough around filling into a cylinder.
- ☐ Brush egg mixture over bare edge, then pinch against cylinder to seal.
- ☐ Cut off ragged ends, then cut cylinder into 16 equal rounds. Space rolls evenly, each on a cut side, in pan. Cover with plastic wrap and let stand until doubled, about 40 minutes.
- ☐ Uncover and brush rolls lightly with egg mixture.
- ☐ Bake in a 350 regular or convection oven until browned, 25 to 30 minutes.
- ☐ Remove pan rim (if using a regular pan, invert rolls onto a wire rack, then invert again onto a rimmed plate).
- ☐ In a 1 1/2- to 2-quart pan over medium-high heat, combine remaining 3/4 cup brown sugar, 1/4 cup butter, and 1/2 cup pecans with corn syrup. Stir until mixture is thick and bubbling, 3 to 5 minutes. Stir in remaining 2 tablespoons rum.

- ☐
- Pour and scrape evenly over warm buns. If excess glaze pools at base, spoon over tops of buns.
- ☐
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:14.3, Glycemic Load:7.59, Inflammation Score:-2, Nutrition Score:3.5708696123051%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 290.76kcal (14.54%), Fat: 13.31g (20.48%), Saturated Fat: 4.23g (26.46%), Carbohydrates: 39.56g (13.19%), Net Carbohydrates: 37.37g (13.59%), Sugar: 17.85g (19.83%), Cholesterol: 15.24mg (5.08%), Sodium: 230.01mg (10%), Alcohol: 1.25g (100%), Alcohol %: 2.03% (100%), Protein: 2.83g (5.66%), Manganese: 0.5mg (25.02%), Fiber: 2.19g (8.77%), Copper: 0.15mg (7.49%), Vitamin B1: 0.07mg (4.84%), Magnesium: 15.92mg (3.98%), Potassium: 136.31mg (3.89%), Vitamin A: 183.05IU (3.66%), Phosphorus: 35.65mg (3.57%), Iron: 0.61mg (3.39%), Zinc: 0.46mg (3.04%), Calcium: 25.67mg (2.57%), Vitamin B6: 0.04mg (2.16%), Vitamin E: 0.3mg (2%), Vitamin B2: 0.03mg (1.86%), Vitamin B3: 0.23mg (1.16%), Selenium: 0.81µg (1.15%), Vitamin B5: 0.11mg (1.12%)