



Sticky Buns

 Dairy Free

READY IN



26 min.

SERVINGS



26

CALORIES



87 kcal

Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup butter
- 12 oz biscuits refrigerated canned
- 1 Tbsp honey
- 0.5 cup planters pecans chopped

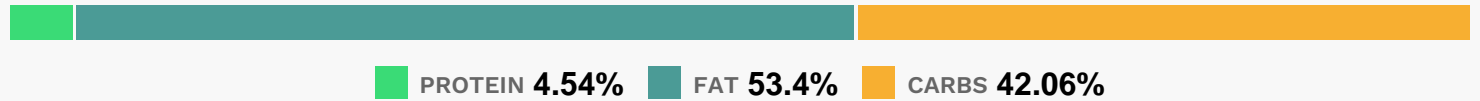
Equipment

- frying pan
- sauce pan
- oven

Directions

- Heat oven to 400F.
- Cook butter, sugar and honey in saucepan on medium heat until butter is melted and mixture is well blended, stirring occasionally.
- Pour butter mixture into 9-inch round pan; sprinkle with nuts. Arrange biscuits, with sides touching, in single layer over nuts.
- Bake 16 min. or until golden brown. Immediately invert pan onto plate; remove pan.
- Spread any remaining sugar mixture from pan over biscuits.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.9, Glycemic Load:4.37, Inflammation Score:-1, Nutrition Score:1.9326086773173%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 87.1kcal (4.36%), Fat: 5.29g (8.13%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 9.37g (3.12%), Net Carbohydrates: 9.02g (3.28%), Sugar: 3.25g (3.61%), Cholesterol: 0.13mg (0.04%), Sodium: 144.46mg (6.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Manganese: 0.14mg (6.95%), Phosphorus: 62.16mg (6.22%), Vitamin B1: 0.07mg (4.58%), Selenium: 2.56µg (3.66%), Iron: 0.5mg (2.77%), Vitamin B2: 0.04mg (2.46%), Folate: 9.64µg (2.41%), Vitamin B3: 0.46mg (2.32%), Vitamin E: 0.27mg (1.78%), Copper: 0.04mg (1.75%), Vitamin A: 79.4IU (1.59%), Fiber: 0.35g (1.42%), Magnesium: 4.8mg (1.2%), Potassium: 41.26mg (1.18%), Calcium: 10.2mg (1.02%), Zinc: 0.15mg (1.01%)