



Sticky Buns

 Vegetarian

READY IN



465 min.

SERVINGS



12

CALORIES



469 kcal

BREAD

Ingredients

- ☐ 1 cup almonds lightly toasted sliced
- ☐ 8 tablespoons butter softened
- ☐ 12 servings butter softened for bowls and baking pan
- ☐ 1 large egg yolk
- ☐ 2.8 cups flour all-purpose
- ☐ 0.3 cup granulated sugar plus a pinch
- ☐ 0.3 granulated sugar
- ☐ 1 tablespoon ground cinnamon

- ☐ 0.3 cup honey
- ☐ 1 cup warm milk 110 degrees F
- ☐ 0.3 cup orange juice freshly squeezed
- ☐ 1 orange zest finely grated
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 cup muscavado sugar light
- ☐ 0.3 cup butter unsalted
- ☐ 4 tablespoons butter unsalted
- ☐ 1.5 teaspoon vanilla extract pure
- ☐ 1 package yeast

Equipment

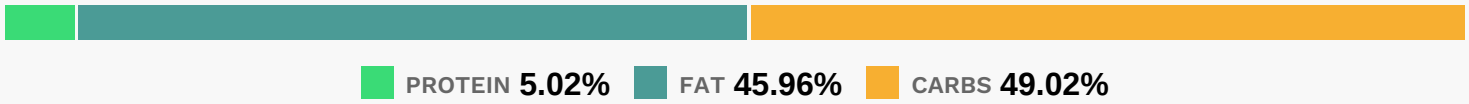
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Butter a 9 by 13-inch baking pan.
- ☐ Combine the sugar, butter, honey, orange juice and zest in a saucepan and bring to a boil; boil until slightly thickened.
- ☐ Pour the glaze into the prepared pan, and scatter the nuts over the top.
- ☐ Sprinkle yeast over warm milk with a pinch of the granulated sugar; set aside until foamy, about 5 minutes. Melt 1/4 cup butter and whisk into yeast with vanilla and egg yolk.

- ☐ Whisk the flour, 1/4 cup sugar, and salt in a large bowl. Stir in yeast mixture to make a sticky dough. Knead the dough on a floured work surface until soft and elastic, 6 to 8 minutes. (Dough will be soft and elastic, but not terribly sticky.) Shape into a ball, brush with a little melted butter and put into a large bowl. Cover with plastic wrap and let rise until doubled, about 1 hour.
- ☐ Knead the dough and reform into a ball. Return to the bowl, cover with buttered plastic wrap and refrigerate for 4 hours.
- ☐ Roll the dough into 10 by 18-inch rectangle with a long edge facing you.
- ☐ Spread soft butter over the surface.
- ☐ Whisk 1/3 cup sugar and cinnamon together, scatter over butter.
- ☐ Roll into a long tight cylinder; pinch long edge to seal.
- ☐ Cut into 1 1/2-inch rolls with string or dental floss. Evenly space the rolls in the pan. Cover and let rise, at room temperature, until doubled, about 1 1/2 hours.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Bake until golden, 30 to 35 minutes. Rest at room temperature 10 minutes, unmold, and serve warm.

Nutrition Facts



Properties

Glycemic Index:51.05, Glycemic Load:38.05, Inflammation Score:-6, Nutrition Score:9.6613043080206%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 468.82kcal (23.44%), Fat: 24.52g (37.73%), Saturated Fat: 13.05g (81.58%), Carbohydrates: 58.85g (19.62%), Net Carbohydrates: 56.47g (20.53%), Sugar: 34.63g (38.48%), Cholesterol: 68.76mg (22.92%), Sodium: 248.71mg (10.81%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 6.02g (12.04%), Manganese: 0.5mg (25.08%), Vitamin B1: 0.33mg (21.72%), Folate: 74.3µg (18.58%), Vitamin B2: 0.31mg (18.08%), Vitamin E: 2.6mg (17.31%), Selenium: 11.75µg (16.79%), Vitamin A: 662.94IU (13.26%), Vitamin B3: 2.29mg (11.44%), Phosphorus: 105.21mg (10.52%), Iron: 1.8mg (9.99%), Fiber: 2.38g (9.51%), Magnesium: 31.74mg (7.94%), Copper: 0.14mg (6.83%), Calcium: 67.45mg (6.74%), Vitamin C: 4.02mg (4.87%), Zinc: 0.66mg (4.43%), Potassium: 151.65mg (4.33%), Vitamin B5: 0.41mg (4.08%), Vitamin B12: 0.18µg (2.97%), Vitamin D: 0.44µg (2.94%), Vitamin B6: 0.06mg (2.86%), Vitamin K: 2.03µg (1.94%)