



Sticky Buns

 Gluten Free

READY IN



75 min.

SERVINGS



9

CALORIES



176 kcal

Ingredients

- 0.5 cup brown sugar packed
- 1 package vanilla pudding instant (4-serving size) (not)
- 0.3 cup butter melted
- 1 tablespoon milk
- 0.5 teaspoon ground cinnamon
- 1 package yeast dry
- 0.8 cup water (105°F to 115°F)
- 0.5 cup cashew pieces
- 2.8 cups frangelico

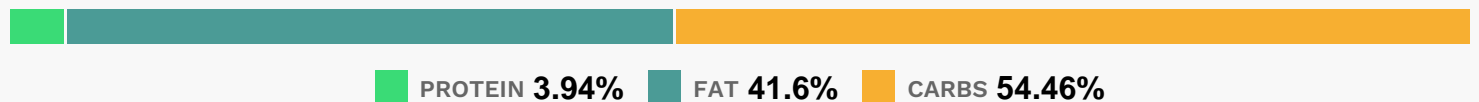
Equipment

- bowl
- frying pan
- oven

Directions

- Mix brown sugar, pudding mix (dry), butter, milk and cinnamon; set aside.
- Dissolve yeast in warm water in medium bowl. Stir in Bisquick mix until soft dough forms.
- Place dough on surface well dusted with Bisquick mix. Knead about 20 times or until smooth.
- Sprinkle with additional Bisquick mix (up to 1/4 cup) if dough is too sticky.
- Roll dough into 15x9-inch rectangle.
- Spread three-fourths of the pudding mixture over dough.
- Roll up tightly, beginning at 15-inch side. Pinch edge of dough into roll to seal well.
- Cut into 9 slices.
- Spread remaining pudding mixture evenly in ungreased square pan, 9x9x2 inches.
- Sprinkle pecans evenly over mixture in pan.
- Place slices slightly apart in pan. Cover and let rise in warm place 25 to 30 minutes or until double.
- Heat oven to 375°F.
- Bake uncovered 25 to 30 minutes or until golden brown. Immediately turn pan upside down onto heatproof serving plate.
- Let pan remain 1 minute.

Nutrition Facts



Properties

Glycemic Index:7.58, Glycemic Load:0.52, Inflammation Score:-3, Nutrition Score:3.1921738982201%

Nutrients (% of daily need)

Calories: 175.64kcal (8.78%), Fat: 8.38g (12.88%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 24.67g (8.22%), Net Carbohydrates: 24.1g (8.76%), Sugar: 20.82g (23.14%), Cholesterol: 0.2mg (0.07%), Sodium: 133.5mg (5.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.57%), Copper: 0.17mg (8.61%), Vitamin B1: 0.12mg (7.83%), Manganese: 0.15mg (7.46%), Magnesium: 23.1mg (5.77%), Phosphorus: 51.36mg (5.14%), Folate: 20.18µg (5.05%), Vitamin A: 228.58IU (4.57%), Iron: 0.6mg (3.33%), Zinc: 0.49mg (3.28%), Selenium: 1.77µg (2.52%), Vitamin B2: 0.04mg (2.43%), Vitamin B6: 0.05mg (2.42%), Vitamin K: 2.49µg (2.37%), Fiber: 0.57g (2.27%), Potassium: 78.74mg (2.25%), Vitamin B3: 0.41mg (2.04%), Vitamin B5: 0.19mg (1.95%), Calcium: 19.21mg (1.92%), Vitamin E: 0.26mg (1.76%)