

Sticky Buns

 Gluten Free

READY IN



75 min.

SERVINGS



9

CALORIES



174 kcal

Ingredients

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

☐ 2.8 cups frangelico

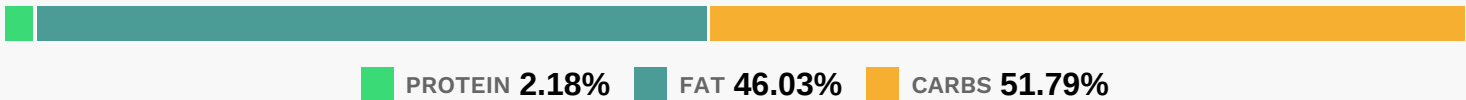
Equipment

- ☐ 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 375F.
- ☐ 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:5.89, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:2.7043478100196%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 174.02kcal (8.7%), Fat: 9.19g (14.14%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 22.41g (8.15%), Sugar: 20.62g (22.91%), Cholesterol: 0.2mg (0.07%), Sodium: 132.64mg (5.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Manganese: 0.28mg (13.9%), Vitamin B1: 0.12mg (8.23%), Folate: 19.6µg (4.9%), Vitamin A: 231.66IU (4.63%), Copper: 0.08mg (4.05%), Fiber: 0.86g (3.44%), Vitamin B2: 0.04mg (2.61%), Phosphorus: 24.1mg (2.41%), Magnesium: 8.83mg (2.21%), Zinc: 0.33mg (2.18%), Calcium: 20.41mg (2.04%), Vitamin B3: 0.4mg (1.98%), Vitamin E: 0.28mg (1.84%), Vitamin B5: 0.18mg (1.81%), Potassium: 53.99mg (1.54%), Vitamin B6: 0.03mg (1.5%), Iron: 0.26mg (1.45%)