



Sugarplum Brunch Ring

 Dairy Free

READY IN



120 min.

SERVINGS



16

CALORIES



1407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 bread dough frozen thawed ()
- 4 tablespoons butter melted
- 0.3 cup corn syrup dark
- 1 teaspoon ground cinnamon
- 0.5 cup maraschino cherries chopped
- 0.5 cup pecans chopped
- 0.8 cup sugar

Equipment

- bowl
- frying pan
- oven
- plastic wrap

Directions

- Grease 12-cup fluted tube pan. In small bowl, mix sugar and cinnamon.
- Cut each roll in half. Dip in butter; roll in sugar mixture.
- Place half of rolls in pan.
- Sprinkle with half of pecans and half of cherries.
- Drizzle with half of corn syrup. Repeat with remaining half of ingredients.
- Drizzle any remaining butter over top; sprinkle with any remaining sugar mixture. Cover with greased plastic wrap and cloth towel.
- Let rise in warm place (80 to 85F.) until light and doubled in size, about 1 hour.
- Heat oven to 350F. Uncover dough.
- Bake 30 to 35 minutes or until top is deep golden brown. Cool in pan 5 minutes. Invert onto serving plate; remove pan.
- Serve warm to pull apart, or cool completely and slice.

Nutrition Facts



■ PROTEIN **9.06%** ■ FAT **13.65%** ■ CARBS **77.29%**

Properties

Glycemic Index:10.94, Glycemic Load:11.52, Inflammation Score:1, Nutrition Score:2.9599999244446%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 1407.29kcal (70.36%), Fat: 20.15g (31%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 256.65g (85.55%), Net Carbohydrates: 246.15g (89.51%), Sugar: 17.87g (19.86%), Cholesterol: 0mg (0%), Sodium: 2425.36mg (105.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.08g (60.16%), Fiber: 10.5g (42.01%), Manganese: 0.18mg (9.17%), Copper: 0.06mg (2.81%), Vitamin A: 130.8IU (2.62%), Vitamin B1: 0.02mg (1.58%), Magnesium: 5.17mg (1.29%), Zinc: 0.18mg (1.2%), Phosphorus: 11.32mg (1.13%), Vitamin E: 0.16mg (1.09%), Calcium: 10.05mg (1.01%)