

VEGETARIAN

# Sweet and Sticky Caramel-Hazelnut Rolls

13 September 2026

| TOTAL TIME | PREP   | COOK    | SERVES | PER SERVING | CALORIES |
|------------|--------|---------|--------|-------------|----------|
| 205 min    | 25 min | 180 min | 8      | \$0.68      | 263 kcal |



Sweet and Sticky Caramel-Hazelnut Rolls requires around 3 hours and 25 minutes from start to finish. One serving contains 414 calories, 4g of protein, and 22g of fat. This recipe serves 8. For 68 cents per serving, this recipe covers 4% of your daily requirements of vitamins and minerals.

## Ingredients

- |                                                                                      |                                                                      |
|--------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| <input type="checkbox"/> 2 tablespoons agave                                         | <input type="checkbox"/> ½ cup packed golden brown sugar             |
| <input type="checkbox"/> 1 teaspoon ground cinnamon                                  | <input type="checkbox"/> ¼ teaspoon ground nutmeg                    |
| <input type="checkbox"/> 2/3 cup husked hazelnuts                                    | <input type="checkbox"/> 1 teaspoon fresh lemon juice                |
| <input type="checkbox"/> 8 ounce refrigerated crescent rolls                         | <input type="checkbox"/> 0.1 teaspoon flaky sea salt, such as Maldon |
| <input type="checkbox"/> 2½ tablespoons unsalted butter, plus more for greasing dish |                                                                      |

## Method

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- 1 Watch how to make this recipe.
- 2 Position the rack in the center of the oven and preheat to 375 degrees F.
- 3 Place the hazelnuts on a rimmed baking sheet and toast in the oven until fragrant and light golden, 12 to 15 minutes.
- 4 Remove from the oven and cool. Finely chop nuts and set aside.
- 5 Lightly butter a 9-inch-diameter glass or ceramic pie dish.
- 6 Place 2 1/2 tablespoons butter in a small saucepan and stir over medium heat until melted. Stir in 1/4 cup brown sugar, agave and lemon juice.
- 7 Pour the butter and sugar mixture into the prepared pie dish.
- 8 Sprinkle 1/3 cup toasted hazelnuts evenly over the syrup in the dish and set aside.
- 9 Mix the remaining 1/4 cup brown sugar, cinnamon and nutmeg in a small bowl.
- 10 Gently unroll the crescent roll dough on a lightly floured work surface and firmly press and pinch the perforations together to make a solid piece of dough.
- 11 Roll out the dough to a 12-by-9-inch rectangle using a lightly-floured rolling pin.
- 12 Sprinkle the brown sugar mixture evenly over the dough to within 1/2-inch of the edges.
- 13 Sprinkle the remaining 1/3 cup hazelnuts on top.
- 14 Starting at one short side, roll up the dough jelly roll-style.
- 15 Cut the roll crosswise into 8 to 10 rounds, each about 1-inch-wide, using a sharp knife. Arrange the rounds, cut-side down, atop the syrup in the pie dish, with 6 around the edges of the dish and 2 in the center. Pinch open ends together with fingertips to prevent the rolls from unraveling. Cover and chill. Can be prepared 2 hours ahead.
- 16 Bake the rolls until deep golden brown on top and the juices are brown and bubbling around the edges of the dish, about 25 minutes.
- 17 Remove from the oven and let the rolls stand 1 minute.
- 18 Place a platter atop the pie dish and the invert rolls onto the platter.

- 19 Sprinkle the rolls lightly with the sea salt flakes. Cool the rolls for 10 to 20 minutes and serve while still warm.

Nutrition per serving

| 263           | 3 g     | 16 g | 31 g                        |
|---------------|---------|------|-----------------------------|
| KCAL          | PROTEIN | FAT  | CARBS                       |
| Saturated Fat |         |      | 5.3 g · 33% of daily needs  |
| Fibre         |         |      | 1.1 g · 5% of daily needs   |
| Sugar         |         |      | 20.2 g · 22% of daily needs |
| Sodium        |         |      | 263 mg · 11% of daily needs |
| Cholesterol   |         |      | 9.4 mg · 3% of daily needs  |
| Vitamin C     |         |      | 1.8 mg · 2% of daily needs  |

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/sweet-and-sticky-caramel-hazelnut-rolls-142291](https://whatsheate.com/sweet-and-sticky-caramel-hazelnut-rolls-142291)