



## The Ultimate Sticky Buns

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



482 kcal

### Ingredients

- ☐ 9 servings sea salt (such as Maldon)
- ☐ 0.5 cup t brown sugar dark packed ()
- ☐ 1 large eggs
- ☐ 9 servings dough sweet chilled for 2 hours
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 0.3 cup honey
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.5 teaspoon nutmeg freshly grated

- ☐ 0.3 teaspoon orange zest finely grated
- ☐ 8 ounces pecans chopped
- ☐ 0.5 cup butter unsalted room temperature (1 stick)

## Equipment

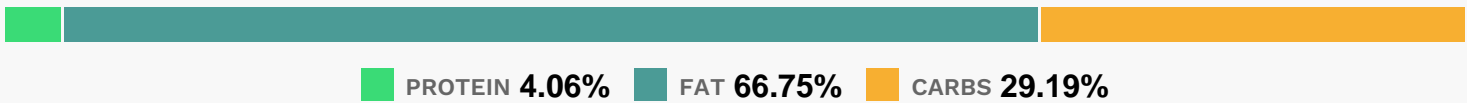
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil
- ☐ kitchen towels

## Directions

- ☐ Preheat oven to 350°F.
- ☐ Spread out nuts on a rimmed baking sheet. Toast until fragrant and slightly darkened, 10–12 minutes.
- ☐ Let cool completely. Set 1 1/4 cups nuts aside for buns.
- ☐ Melt butter in a small heavy saucepan over medium heat. Stir in brown sugar, cream, honey, salt, and orange zest, if using. Bring to a boil, reduce heat to medium, and simmer until glaze is golden brown and glossy, 3–4 minutes.
- ☐ Pour 1 cup of glaze into baking pan, tilting to coat bottom and sides. Set aside remaining glaze.
- ☐ Sprinkle 1/2 cup toasted pecans over bottom of baking pan and let cool.
- ☐ Using an electric mixer on medium speed, beat butter, sugar, cinnamon, nutmeg, and kosher salt in a medium bowl until light and fluffy, 2–3 minutes. Set filling aside.
- ☐ Punch down dough; transfer to a floured work surface. Lightly dust top with flour. Follow instructions in Cooks' Notes, for assembling buns with filling and 3/4 cup pecans. DO AHEAD: Can be made 1 day ahead. Cover and chill buns and remaining glaze separately. Store remaining pecans airtight at room temperature.
- ☐ Loosely cover pan with plastic wrap or a kitchen towel.

- ☐ Let buns rise in a warm, draft-free area until doubled in size, 45 minutes to 1 hour, or 1 1/2–2 hours if dough has been chilled overnight.
- ☐ Arrange a rack in middle of oven; preheat to 350°F.
- ☐ Whisk egg with 1/2 teaspoon water in a small bowl.
- ☐ Brush tops of buns with egg wash.
- ☐ Bake, rotating pan halfway through and tenting with foil if browning too quickly, until buns are golden brown, filling is bubbling, and an instant-read thermometer inserted into center of buns registers 185°F, about 50 minutes.
- ☐ Let cool for 5 minutes. Spoon remaining glaze over.
- ☐ Sprinkle 1/2 cup pecans over.
- ☐ Let cool in pan on a wire rack.
- ☐ Lightly sprinkle sea salt over.
- ☐ Serve buns warm or at room temperature.
- ☐ Roll out the dough on a lightly floured surface into a 12x16" rectangle about 1/4" thick. Arrange the dough on the work surface so one long side faces you.
- ☐ Spread the cinnamon-sugar mixture over dough, leaving a 1" plain border on the side farthest from you.
- ☐ Sprinkle 3/4 cup chopped pecans over the cinnamon-sugar mixture. Beginning with the long edge closest to you, roll dough into a log, tightening as you roll, and patting in ends if they begin to taper. Pinch together the seam where the long side meets the roll to seal. Arrange the log seam side down on the work surface.
- ☐ Using a large knife, cut the log crosswise into 9 equal pieces. Lightly flour the knife between slices if the dough is too sticky. Turn the bun cut side up and gently pat the top to flatten slightly. If needed, reshape to form round edges by cupping lightly floured hands around each bun and gently pushing and turning them in a circular motion.
- ☐ Place the buns in prepared pan; space them evenly apart (buns should not touch each other).

## Nutrition Facts



## Properties

Glycemic Index:19.47, Glycemic Load:9.19, Inflammation Score:-5, Nutrition Score:10.009565184946%

Flavonoids

Cyanidin: 2.71mg, Cyanidin: 2.71mg, Cyanidin: 2.71mg, Cyanidin: 2.71mg Delphinidin: 1.83mg, Delphinidin: 1.83mg, Delphinidin: 1.83mg, Delphinidin: 1.83mg Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg

Nutrients (% of daily need)

Calories: 482.4kcal (24.12%), Fat: 37.24g (57.3%), Saturated Fat: 13.08g (81.75%), Carbohydrates: 36.65g (12.22%), Net Carbohydrates: 33.72g (12.26%), Sugar: 23.84g (26.49%), Cholesterol: 70.19mg (23.4%), Sodium: 336.45mg (14.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.19%), Manganese: 1.28mg (63.87%), Vitamin B1: 0.28mg (18.43%), Copper: 0.34mg (17.1%), Vitamin A: 651.65IU (13.03%), Fiber: 2.92g (11.69%), Selenium: 8.07µg (11.52%), Phosphorus: 110.93mg (11.09%), Vitamin B2: 0.17mg (9.97%), Zinc: 1.4mg (9.35%), Magnesium: 37.32mg (9.33%), Iron: 1.53mg (8.48%), Folate: 26.53µg (6.63%), Vitamin E: 0.91mg (6.04%), Vitamin B3: 1.12mg (5.62%), Calcium: 51.96mg (5.2%), Potassium: 170.97mg (4.88%), Vitamin B5: 0.45mg (4.5%), Vitamin B6: 0.08mg (4.2%), Vitamin D: 0.62µg (4.12%), Vitamin K: 2.94µg (2.8%), Vitamin B12: 0.1µg (1.71%)