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## Caramel Pecan Sticky Roll ••

A delicious and gooey pastry made with caramel and pecans. It is a popular breakfast treat and is often enjoyed with a cup of coffee or tea.

**Recipe Type:** Standard

**Prep Time:** 30 mins

**Cook Time:** 25 mins

**Total Time:** 55 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

500 g	All-Purpose Flour
10 g	Yeast
50 g	Sugar
5 g	Salt
250 ml	Milk
50 g	Butter

2 pieces	Eggs
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200 g	caramel sauce
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100 g	Pecans
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## Directions

### Step 1

Mixing

In a large bowl, combine the flour, yeast, sugar, and salt.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

### Step 2

Stove

Heat the milk and butter in a saucepan until the butter is melted. Let it cool slightly.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

### Step 3

Mixing

Add the milk mixture and eggs to the dry ingredients. Mix until a dough forms.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Resting

Knead the dough on a floured surface for 5 minutes. Place it in a greased bowl and cover with a damp cloth. Let it rise for 1 hour.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 5

Rolling

Roll out the dough into a rectangle. Spread caramel sauce and sprinkle pecans on top. Roll it up tightly.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Resting

Cut the roll into slices and place them in a greased baking dish. Let them rise for 30 minutes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 7

Baking

Bake at 180°C for 25 minutes or until golden brown.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 15 g

**Protein:** 5 g

**Carbohydrates:** 35 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	5 g	29.41%	29.41%
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## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	2 g	5.26%	8%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	50 mg	5%	5%
Iron	2 mg	25%	11.11%
Potassium	100 mg	2.94%	3.85%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Events

Christmas

### Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

### **Kitchen Tools**

Blender

### **Course**

Appetizers

Desserts

Breads

### **Difficulty Level**

Medium

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