



Nutty Caramel-Coated Sticky Buns



1/8th of recipe (1 bun): 169 calories, 7.5g total fat (1.5g sat. fat), 323mg sodium, 23.5g carbs, 0.5g fiber, 10.5g sugars, 2g protein

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Prep: 20 minutes **Cook:** 15 minutes



Ingredients

Filling

1/4 cup brown sugar (not packed)
1 tbsp. light whipped butter or light buttery spread
1 1/2 tsp. cinnamon
1/8 tsp. salt

Buns

1 package refrigerated Pillsbury Crescent Recipe Creations Seamless Dough Sheet

Topping

3 tbsp. fat-free or light caramel dip
2 tbsp. light whipped butter or light buttery spread
2 tbsp. sugar-free pancake syrup
1 tbsp. brown sugar (not packed)
3 tbsp. chopped pecans

Directions

Preheat oven to 350 degrees. Spray 8 cups of a 12-cup muffin pan with nonstick spray.

To make filling, combine brown sugar with butter in a small microwave-safe bowl. Microwave for 10 seconds, or until butter has mostly melted. Mix in cinnamon and salt.

Unroll dough on a dry surface with the long sides on the left and right. Roll or stretch into a large rectangle of even thickness. Evenly spread filling onto dough, leaving a 1-inch border. Tightly roll up dough into a log. Pinch the long seam to seal.

Turn log so the seam side is down. Cut widthwise into 8 equally sized buns. Place a bun in each of the 8 sprayed muffin cups, spiral side up.

In a medium microwave-safe bowl, combine all topping ingredients except pecans. Microwave for 30 to 45 seconds, until butter has mostly melted. Add pecans and mix well. Evenly distribute topping among buns, about 1 tbsp. each.

Bake until golden brown, 12 to 15 minutes.

Gently remove buns from pan while still warm. Enjoy!

MAKES 8 SERVINGS

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