



## Almost-Famous Cinnamon Buns

 Vegetarian

READY IN



125 min.

SERVINGS



6

CALORIES



841 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2.5 teaspoons packet active yeast dry
- 2 cups confectioners' sugar
- 1 large egg yolk
- 2.8 cups flour all-purpose plus more if needed
- 0.3 cup granulated sugar
- 0.5 cup granulated sugar
- 3 tablespoons ground cinnamon
- 0.3 heavy cream

- 0.5 teaspoon nutmeg freshly grated
- 0.8 teaspoon salt
- 4 tablespoons butter unsalted melted
- 4 tablespoons butter unsalted melted plus more for the bowl
- 12 tablespoons butter unsalted softened plus more for the pan
- 1.5 teaspoons vanilla extract
- 1 cup milk whole

## Equipment

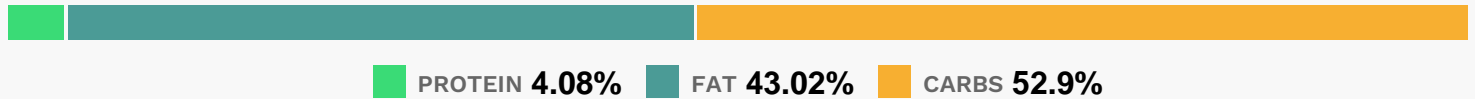
- bowl
- frying pan
- sauce pan
- oven
- whisk
- blender
- plastic wrap
- baking pan
- stand mixer

## Directions

- Make the dough: Warm the milk in a medium saucepan over low heat until it reaches about 100°F.
- Remove from the heat and sprinkle in the yeast and 1/4 teaspoon sugar (don't stir). Set aside until foamy, 5 minutes.
- Whisk in the melted butter, egg yolk and vanilla.
- Whisk the flour, the remaining 1/4 cup sugar, the salt and nutmeg in the bowl of a stand mixer. Make a well in the center and pour in the yeast mixture.
- Mix on low speed with the dough hook until thick and slightly sticky. Knead on medium speed until the dough gathers around the hook, 6 minutes. (
- Add up to 2 more tablespoons flour if necessary.)

- Remove the dough and shape into a ball. Butter the mixer bowl and return the dough to the bowl, turning to coat with butter. Cover with plastic wrap and let rise until doubled, 1 hour 15 minutes.
- Roll out the dough, fill and cut into buns (see Cook's Note). Butter a 9-by-13-inch baking pan; place the buns cut-side down in the pan, leaving space between each. Cover with plastic wrap and let rise until doubled, 40 minutes. Preheat the oven to 32
- Bake the buns until golden brown, about 35 minutes. Cool in the pan 15 minutes. Meanwhile, make the glaze: Sift the confectioners' sugar into a bowl, then whisk in the cream and melted butter.
- Transfer the buns to a rack and spoon the glaze on top while still warm.
- Photograph by Ngoc Minh Ngo

## Nutrition Facts



## Properties

Glycemic Index:54.7, Glycemic Load:49.86, Inflammation Score:-8, Nutrition Score:14.184347788925%

## Nutrients (% of daily need)

Calories: 840.99kcal (42.05%), Fat: 40.75g (62.69%), Saturated Fat: 25.16g (157.27%), Carbohydrates: 112.72g (37.57%), Net Carbohydrates: 109.86g (39.95%), Sugar: 66.44g (73.82%), Cholesterol: 135.88mg (45.29%), Sodium: 315.8mg (13.73%), Alcohol: 0.34g (100%), Alcohol %: 0.2% (100%), Protein: 8.7g (17.41%), Vitamin B1: 0.62mg (41.57%), Manganese: 0.72mg (35.8%), Folate: 140.95µg (35.24%), Selenium: 22.8µg (32.57%), Vitamin B2: 0.44mg (25.65%), Vitamin A: 1279.09IU (25.58%), Vitamin B3: 4mg (19.98%), Iron: 2.96mg (16.47%), Phosphorus: 135.02mg (13.5%), Fiber: 2.86g (11.44%), Calcium: 92.68mg (9.27%), Vitamin D: 1.3µg (8.67%), Vitamin E: 1.25mg (8.34%), Vitamin B5: 0.72mg (7.2%), Vitamin B12: 0.36µg (5.92%), Copper: 0.11mg (5.57%), Zinc: 0.82mg (5.48%), Magnesium: 20.75mg (5.19%), Potassium: 159.99mg (4.57%), Vitamin B6: 0.08mg (4.2%), Vitamin K: 4.13µg (3.94%)