



Apricot & almond Chelsea buns

 Vegetarian

READY IN



150 min.

SERVINGS



8

CALORIES



556 kcal

Ingredients

- ☐ 450 g flour white for dusting
- ☐ 14 g yeast
- ☐ 50 g sugar
- ☐ 150 ml milk
- ☐ 1 eggs beaten
- ☐ 50 g butter unsalted melted for greasing
- ☐ 8 servings cooking oil for greasing
- ☐ 25 g butter softened for greasing
- ☐ 85 g apricot dried finely chopped

- ☐ 85 g almonds flaked toasted
- ☐ 25 g sugar
- ☐ 2 tbsp apricot preserves

Equipment

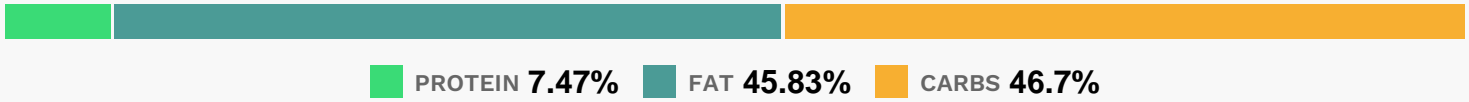
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ cake form
- ☐ wooden spoon
- ☐ kitchen towels

Directions

- ☐ Put the flour, yeast, caster sugar and 1 tsp salt into a large mixing bowl and mix well. Make a well in the centre and pour in the warm milk, 50ml warm water, the beaten egg and the melted butter.
- ☐ Mix everything together to form a dough start with a wooden spoon and finish with your hands. If the dough is too dry, add a little more warm water; if its too wet, add more flour.
- ☐ Knead in the bowl or on a floured surface until the dough becomes smooth and springy.
- ☐ Transfer to a clean, lightly greased bowl and cover loosely with a clean, damp tea towel. Leave in a warm place to rise until roughly doubled in size this will take about 1 hr depending on how warm the room is.
- ☐ Heat oven to 200C/180C fan/gas 6 and grease a deep 21 or 23cm cake tin. Tip the risen dough out onto a lightly floured surface and knead for a few secs.
- ☐ Roll out the dough to a rough 20 x 30cm rectangle.
- ☐ Spread the butter evenly over the dough, then sprinkle with the chopped apricots, almonds and sugar.
- ☐ Roll up firmly like a Swiss roll from one of the long sides dampening the open edge to help it stick if you need to.

- ☐
- Cut into 8 even slices with a sharp knife, shape into 8 round pinwheels, then arrange in the tin, cut-side up. Cover with a clean, damp tea towel and prove in a warm place for about 20 mins until roughly doubled in size.
- ☐
- Bake the buns for 10 mins, then lower oven to 180C/160C fan/gas
- ☐
- Cook for 10 mins more until golden brown. Melt the jam with 1 tbsp water, brush all over the buns, then sprinkle with a few more flaked almonds.

Nutrition Facts



Properties

Glycemic Index:43.32, Glycemic Load:40, Inflammation Score:-7, Nutrition Score:16.777826120024%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 556.2kcal (27.81%), Fat: 28.83g (44.35%), Saturated Fat: 6.89g (43.06%), Carbohydrates: 66.1g (22.03%), Net Carbohydrates: 61.99g (22.54%), Sugar: 18.77g (20.86%), Cholesterol: 42.94mg (14.31%), Sodium: 41.22mg (1.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.14%), Vitamin B1: 0.67mg (44.73%), Vitamin E: 5.96mg (39.7%), Folate: 152.54µg (38.14%), Manganese: 0.66mg (33.09%), Selenium: 22.18µg (31.69%), Vitamin B2: 0.53mg (31.46%), Vitamin B3: 4.71mg (23.57%), Iron: 3.45mg (19.18%), Fiber: 4.11g (16.43%), Phosphorus: 163.37mg (16.34%), Vitamin A: 688.59IU (13.77%), Copper: 0.25mg (12.27%), Magnesium: 48.78mg (12.19%), Vitamin K: 11.22µg (10.68%), Potassium: 320.91mg (9.17%), Vitamin B5: 0.75mg (7.55%), Calcium: 73.6mg (7.36%), Zinc: 1.07mg (7.12%), Vitamin B6: 0.1mg (5.16%), Vitamin B12: 0.17µg (2.84%), Vitamin D: 0.42µg (2.78%)