



Bread Machine Hot Cross Buns

 Gluten Free  Dairy Free

READY IN



175 min.

SERVINGS



16

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 eggs
- 0.5 cup butter softened
- 4 cups yukon gold potatoes for flour
- 0.8 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 1.5 teaspoons salt
- 2 tablespoons granulated sugar
- 1.5 teaspoons yeast dry quick

- 0.5 cup raisins dark
- 0.5 cup golden raisins
- 1 eggs
- 2 tablespoons water cold
- 1 cup powdered sugar
- 1 tablespoon water
- 0.5 teaspoon vanilla

Equipment

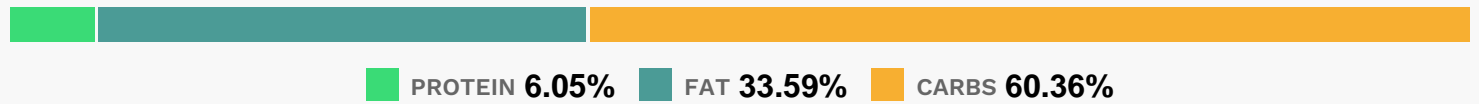
- bowl
- frying pan
- baking sheet
- oven
- wire rack
- measuring cup
- kitchen scissors
- bread machine

Directions

- Break 2 eggs into 2-cup measuring cup.
- Add enough water to measure 1 1/3 cups. Measure carefully, placing egg mixture and remaining bun ingredients except raisins, 1 egg and cold water in bread machine pan in the order recommended by the manufacturer.
- Add raisins at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.
- Select Dough/Manual cycle. Do not use delay cycle. (Total time will vary with appliance and setting.)
- Remove dough from pan, using lightly floured hands. Cover and let rest 10 minutes on lightly floured surface.
- Grease cookie sheet or two 9-inch round cake pans. Divide dough in half. Divide each half into 8 equal pieces. Shape each piece into a smooth ball.

- Place about 2 inches apart on cookie sheet or 1 inch apart in pans. Snip a cross shape in top of each ball, using scissors. Cover and let rise in warm place about 40 minutes or until double. (Dough is ready if indentation remains when touched.)
- Heat oven to 375°F. Beat egg and cold water slightly; brush over tops of buns.
- Bake 18 to 20 minutes or until golden brown.
- Remove from cookie sheet or pans to cooling rack. Cool slightly.
- In medium bowl, mix all icing ingredients until well blended. Stir in additional milk, 1 teaspoon at a time, until smooth and spreadable. Make a cross on top of each bun with icing.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:21.52, Glycemic Load:12.47, Inflammation Score:-3, Nutrition Score:4.9739130631737%

Flavonoids

Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 172.1kcal (8.6%), Fat: 6.63g (10.2%), Saturated Fat: 1.48g (9.28%), Carbohydrates: 26.82g (8.94%), Net Carbohydrates: 24.9g (9.05%), Sugar: 12.03g (13.37%), Cholesterol: 30.69mg (10.23%), Sodium: 302.46mg (13.15%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 2.69g (5.38%), Vitamin C: 12.06mg (14.62%), Vitamin B6: 0.22mg (10.85%), Potassium: 338.27mg (9.66%), Fiber: 1.93g (7.7%), Manganese: 0.14mg (6.91%), Phosphorus: 62.28mg (6.23%), Vitamin A: 299.78IU (6%), Vitamin B1: 0.09mg (5.93%), Vitamin B2: 0.09mg (5.28%), Copper: 0.1mg (5.16%), Folate: 20.54µg (5.13%), Iron: 0.83mg (4.59%), Magnesium: 18.07mg (4.52%), Vitamin B3: 0.85mg (4.26%), Selenium: 2.85µg (4.07%), Vitamin B5: 0.36mg (3.56%), Zinc: 0.33mg (2.19%), Vitamin E: 0.32mg (2.13%), Calcium: 18.92mg (1.89%), Vitamin B12: 0.08µg (1.35%), Vitamin K: 1.34µg (1.27%), Vitamin D: 0.17µg (1.1%)