



Chelsea Buns

 Vegetarian

READY IN



175 min.

SERVINGS



12

CALORIES



388 kcal

BREAD

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 0.3 cup butter melted
- ☐ 1 egg yolk
- ☐ 3 eggs beaten
- ☐ 6 cups flour all-purpose
- ☐ 1.5 cups milk
- ☐ 1 cup raisins
- ☐ 1 teaspoon salt

- ☐ 0.3 cup warm water
- ☐ 2 tablespoons water
- ☐ 0.8 cup sugar white divided

Equipment

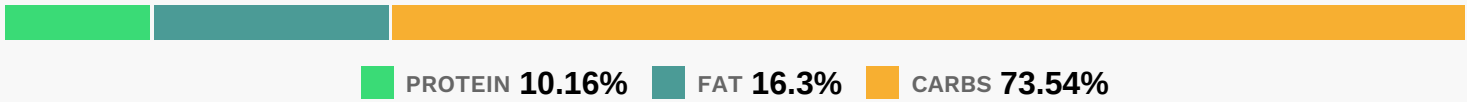
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan

Directions

- ☐ Sprinkle the yeast over 1/4 cup of warm water in a small bowl and stir in 1 teaspoon of sugar. The water should be no more than 100 degrees F (40 degrees C).
- ☐ Let stand for 5 minutes until the yeast softens and begins to form a creamy foam.
- ☐ Sift together the flour and salt.
- ☐ Cut in 3/4 cup butter with a knife or pastry blender until the mixture resembles coarse crumbs. Bring the milk to a boil; remove from the heat and stir in 1/2 cup sugar. Cool until the milk is lukewarm, no more than 100 degrees F (40 degrees C).
- ☐ Pour the milk and yeast mixture into the flour.
- ☐ Add the eggs and mix well to form a soft, sticky dough.
- ☐ Turn the dough out onto a well-floured surface and knead until smooth and elastic, about 8 minutes.
- ☐ Add more flour a tablespoon at a time, if necessary.
- ☐ Place the dough in a buttered bowl, turning to coat the dough. Cover with a light cloth and let rise in a warm place (80 to 95 degrees F (27 to 35 degrees C)) until doubled in volume, about 1 1/2 hours.
- ☐ Roll the dough into a square on a floured surface.

- ☐ Brush the dough with the melted butter and sprinkle with the remaining 1/4 cup sugar and the raisins.
- ☐ Roll up the dough to form a log, pinching the seam to seal.
- ☐ Preheat an oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking pan.
- ☐ Cut the log into slices about 1 1/2 inches thick.
- ☐ Place the slices in the prepared pan and let them rise for 30 minutes. Beat the egg yolk with 2 tablespoons of water to form an egg wash.
- ☐ Brush the buns with egg wash.
- ☐ Bake in the preheated oven until the buns are golden brown and the centers are set, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:24.32, Glycemic Load:48.87, Inflammation Score:-5, Nutrition Score:13.046521806199%

Nutrients (% of daily need)

Calories: 388kcal (19.4%), Fat: 7.06g (10.87%), Saturated Fat: 3.62g (22.6%), Carbohydrates: 71.67g (23.89%), Net Carbohydrates: 68.85g (25.03%), Sugar: 14.16g (15.74%), Cholesterol: 70.95mg (23.65%), Sodium: 257.86mg (11.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.9g (19.81%), Vitamin B1: 0.66mg (43.9%), Selenium: 26.27µg (37.53%), Folate: 149.88µg (37.47%), Vitamin B2: 0.48mg (28.37%), Manganese: 0.47mg (23.42%), Vitamin B3: 4.34mg (21.71%), Iron: 3.48mg (19.34%), Phosphorus: 143.66mg (14.37%), Fiber: 2.83g (11.31%), Vitamin B5: 0.77mg (7.71%), Copper: 0.14mg (7.16%), Potassium: 241.83mg (6.91%), Calcium: 60.33mg (6.03%), Magnesium: 23.24mg (5.81%), Zinc: 0.86mg (5.74%), Vitamin B6: 0.11mg (5.53%), Vitamin B12: 0.3µg (5.01%), Vitamin A: 248.62IU (4.97%), Vitamin D: 0.64µg (4.24%), Vitamin E: 0.32mg (2.11%)