



Cherry-Berry Hot Cross Buns

 Dairy Free

READY IN



180 min.

SERVINGS



16

CALORIES



241 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 package yeast dry
- 0.8 cup water (105°F to 115°F)
- 2 tablespoons granulated sugar
- 0.5 cup butter softened
- 0.8 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 1.5 teaspoons salt
- 2 eggs

- 4 cups flour all-purpose for flour
- 0.3 cup cranberries dried
- 0.3 cup blueberries dried
- 0.3 cup cherries dried
- 1 eggs
- 2 tablespoons water cold
- 1 cup powdered sugar
- 1 tablespoon water
- 0.5 teaspoon vanilla

Equipment

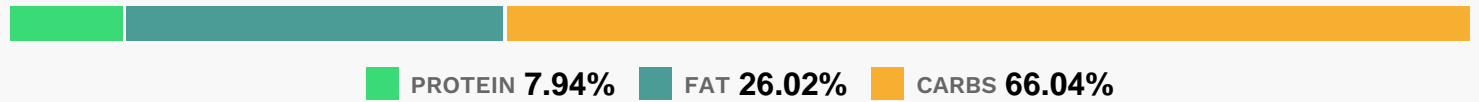
- bowl
- baking sheet
- oven
- wire rack
- kitchen scissors

Directions

- In large bowl, dissolve yeast in warm water. Stir in granulated sugar, butter, cinnamon, nutmeg, salt, 2 eggs and 2 cups of the flour. Beat with spoon until smooth. Stir in cranberries, blueberries, cherries and enough remaining flour to make dough easy to handle.
- Place dough on lightly floured surface; gently roll in flour to coat. Knead about 5 minutes or until smooth and springy. Grease large bowl with shortening.
- Place dough in bowl, turning dough to grease all sides. Cover; let rise in warm place about 1 1/2 hours or until double in size. (Dough is ready if indentation remains when touched.)
- Grease cookie sheet with shortening or cooking spray. Gently push fist into dough to deflate. 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. Snip a cross shape in top of each ball with scissors. Cover; let rise in warm place about 40 minutes or until double in size.
- Heat oven to 375°F. In small bowl, slightly beat 1 egg and cold water; brush over tops of buns.

- Bake 18 to 20 minutes or until golden brown.
- Meanwhile, in small bowl, mix all icing ingredients until smooth and spreadable.
- Remove buns from cookie sheet to cooling rack. Cool 5 minutes. Frost cross on top of each bun with icing.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:18.31, Inflammation Score:-4, Nutrition Score:6.2465217993797%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 241.15kcal (12.06%), Fat: 6.96g (10.71%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 39.75g (13.25%), Net Carbohydrates: 37.95g (13.8%), Sugar: 13.86g (15.4%), Cholesterol: 30.69mg (10.23%), Sodium: 299.72mg (13.03%), Alcohol: 0.04g (100%), Alcohol %: 0.07% (100%), Protein: 4.78g (9.56%), Vitamin B1: 0.3mg (19.86%), Selenium: 13.23µg (18.91%), Folate: 71.4µg (17.85%), Vitamin B2: 0.21mg (12.63%), Manganese: 0.24mg (12.1%), Vitamin B3: 2.04mg (10.22%), Iron: 1.73mg (9.61%), Vitamin A: 388.25IU (7.76%), Fiber: 1.81g (7.22%), Phosphorus: 54.84mg (5.48%), Vitamin B5: 0.33mg (3.34%), Copper: 0.06mg (2.91%), Vitamin E: 0.38mg (2.54%), Zinc: 0.37mg (2.45%), Potassium: 79.14mg (2.26%), Magnesium: 8.69mg (2.17%), Vitamin B6: 0.04mg (1.81%), Calcium: 17.39mg (1.74%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.1%)