

## Christmas buns

 Vegetarian

READY IN



65 min.

SERVINGS



9

CALORIES



610 kcal

### Ingredients

- 500 g strong flour white for dusting
- 7 g sachet fast-action yeast dried
- 300 ml milk
- 40 g butter unsalted softened at room temperature
- 1 eggs
- 9 servings vegetable oil for greasing
- 25 g butter unsalted melted
- 75 g brown sugar soft
- 2 tsp ground cinnamon

- 100 g cranberries dried
- 100 g apricots dried chopped
- 50 g caster sugar
- 1 lemon zest
- 200 g icing sugar

## Equipment

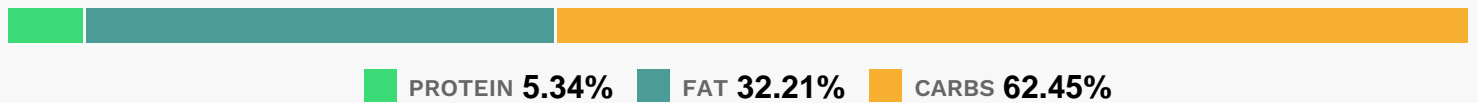
- bowl
- frying pan
- baking sheet
- oven
- wire rack
- kitchen towels

## Directions

- Put the flour and 1 tsp salt into a large bowl. Make a well in the centre and add the yeast. Meanwhile, warm the milk and butter in a pan until the butter melts and the mixture is lukewarm.
- Add the milk mixture and egg to the flour mixture and stir until the contents come together as a soft dough (add extra flour if you need to).
- Tip the dough onto a well-floured surface. Knead for 5 mins, adding more flour if necessary, until the dough is smooth, elastic and no longer sticky.
- Lightly oil a bowl with the vegetable oil.
- Place the dough in the bowl and turn until covered in oil. Cover the bowl with cling film and set aside in a warm place for 1 hr or until doubled in size. Lightly grease a baking sheet and set aside.
- For the filling, knock the dough back to its original size and turn out onto a lightly floured surface.
- Roll it into a 1cm-thick rectangle.
- Brush all over with the melted butter, then sprinkle over the sugar, cinnamon and fruit.

- Roll up the dough into a tight cylinder, cut into 9 x 4cm slices and position on the prepared baking sheet, leaving a little space between. Cover with a tea towel and set aside to rise for 30 mins.
- Heat oven to 190C/170C fan/gas
- Bake the buns for 20–25 mins or until risen and golden brown. Meanwhile, melt the glaze sugar with 4 tbsp water until syrupy.
- Remove from oven and glaze. Set aside to cool on a wire rack. Once cool, mix the zest and icing sugar with about 2 tbsp water to drizzle over the buns.
- Serve.

## Nutrition Facts



## Properties

Glycemic Index:24.61, Glycemic Load:37.22, Inflammation Score:-6, Nutrition Score:13.922173956166%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 610.15kcal (30.51%), Fat: 22.23g (34.2%), Saturated Fat: 6.75g (42.16%), Carbohydrates: 96.97g (32.32%), Net Carbohydrates: 93.49g (34%), Sugar: 51.23g (56.92%), Cholesterol: 37.84mg (12.61%), Sodium: 26.91mg (1.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.3g (16.59%), Vitamin B1: 0.55mg (36.46%), Selenium: 21.72µg (31.03%), Folate: 123.7µg (30.92%), Manganese: 0.55mg (27.36%), Vitamin K: 27.91µg (26.58%), Vitamin B2: 0.4mg (23.25%), Vitamin B3: 4mg (20.02%), Iron: 3.15mg (17.51%), Vitamin E: 2.14mg (14.29%), Fiber: 3.49g (13.95%), Vitamin A: 665.06IU (13.3%), Phosphorus: 120.65mg (12.07%), Potassium: 276.45mg (7.9%), Calcium: 76.31mg (7.63%), Copper: 0.14mg (7.1%), Vitamin B5: 0.66mg (6.56%), Magnesium: 22.7mg (5.67%), Zinc: 0.73mg (4.89%), Vitamin B6: 0.09mg (4.56%), Vitamin B12: 0.24µg (4.03%), Vitamin D: 0.58µg (3.9%), Vitamin C: 1.02mg (1.23%)