



## Cinnamon-Bun Bread

READY IN



45 min.

SERVINGS



12

CALORIES



387 kcal

BREAD

### Ingredients

- 0.5 cup apricot preserves melted
- 0.7 cup brown sugar packed
- 2.3 teaspoons yeast dry
- 2 large egg yolk
- 1 tablespoon skim milk fat-free
- 5 cups flour all-purpose divided
- 0.3 cup granulated sugar divided
- 2 teaspoons ground cinnamon
- 1.7 cups skim milk fat-free (100° to 110°)

- 1 cup powdered sugar sifted
- 2 teaspoons salt
- 0.3 cup stick margarine melted
- 1 tablespoon stick margarine softened
- 0.5 teaspoon vanilla extract
- 4 teaspoons vanilla extract

## Equipment

- bowl
- oven
- knife
- wire rack
- blender
- loaf pan
- measuring cup

## Directions

- To prepare bread, dissolve yeast and 1 tablespoon granulated sugar in warm milk in a large bowl; let stand 5 minutes. Stir in 1/4 cup butter, vanilla, and egg yolks. Lightly spoon flour into dry measuring cups, and level with a knife.
- Add 4 1/2 cups flour, 3 tablespoons granulated sugar, and salt to yeast mixture; stir to form a soft dough. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. Punch dough down, and let rest 5 minutes. Divide in half. Working with one portion at a time (cover the remaining dough to keep from drying), roll each portion into a 14 x 7-inch rectangle on a floured surface.
- Combine the brown sugar and cinnamon.
- Sprinkle each dough portion with half of brown sugar mixture, leaving a 1/2-inch border.

- Roll up each dough rectangle tightly, starting with a short edge, pressing firmly to eliminate air pockets, and pinch seams and ends to seal.
- Cut each dough roll crosswise into 3 pieces.
- Place 3 pieces, cut sides up, into each of 2 (8 x 4-inch) loaf pans coated with cooking spray. Cover and let rise 30 minutes or until doubled in size.
- Preheat oven to 35
- Uncover dough, and bake at 350 for 35 minutes or until loaves are browned on bottoms and sound hollow when tapped. Cool in pans 10 minutes on a wire rack, and remove from pans.
- Brush tops of loaves with melted preserves. Cool loaves on rack.
- To prepare the glaze, beat 1 tablespoon butter at low speed of a mixer until creamy.
- Add remaining ingredients, beating just until blended.
- Spread over tops of loaves.

## Nutrition Facts



■ **PROTEIN 7.7%**
■ **FAT 14.77%**
■ **CARBS 77.53%**

### Properties

Glycemic Index:18.05, Glycemic Load:32.24, Inflammation Score:-6, Nutrition Score:10.294347956129%

### Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 387.28kcal (19.36%), Fat: 6.33g (9.74%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 74.79g (24.93%), Net Carbohydrates: 73.02g (26.55%), Sugar: 32.21g (35.79%), Cholesterol: 31.66mg (10.55%), Sodium: 470.62mg (20.46%), Alcohol: 0.52g (100%), Alcohol %: 0.48% (100%), Protein: 7.43g (14.86%), Vitamin B1: 0.5mg (33.24%), Selenium: 20.43µg (29.19%), Folate: 114.11µg (28.53%), Manganese: 0.43mg (21.73%), Vitamin B2: 0.35mg (20.62%), Vitamin B3: 3.38mg (16.91%), Iron: 2.68mg (14.9%), Phosphorus: 111.27mg (11.13%), Calcium: 76.06mg (7.61%), Vitamin A: 354.4IU (7.09%), Fiber: 1.77g (7.08%), Vitamin B5: 0.54mg (5.43%), Copper: 0.1mg (4.98%), Magnesium: 18.22mg (4.55%), Vitamin B12: 0.27µg (4.44%), Potassium: 153.76mg (4.39%), Zinc: 0.65mg (4.36%), Vitamin D: 0.54µg (3.61%), Vitamin B6: 0.07mg (3.52%), Vitamin E: 0.32mg (2.11%), Vitamin C: 0.89mg (1.08%)