



## Cinnamon Buns

 Vegetarian

READY IN



415 min.

SERVINGS



12

CALORIES



391 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2.3 teaspoons active yeast dry ()
- 0.7 cups confectioners' sugar
- 1 large egg yolk
- 13 ounces flour all-purpose
- 0.3 cup granulated sugar
- 0.1 teaspoon ground cinnamon
- 2 tablespoons ground cinnamon
- 3 teaspoons juice of lemon freshly squeezed

- 0.5 teaspoon nutmeg grated
- 0.1 ounce salt fine
- 1.8 ounces sugar
- 0.3 cup condensed milk sweetened
- 0.3 cup butter unsalted melted
- 0.3 cup butter unsalted melted plus more for the bowl
- 0.8 cups butter unsalted soft plus more for coating the pan ()
- 1 teaspoon vanilla extract pure
- 1.5 teaspoon vanilla extract pure
- 0.5 cup water
- 0.5 cup milk whole

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- plastic wrap
- baking pan
- wooden spoon

## Directions

- Combine the water and milk in a medium saucepan and warm over low heat until it is about 100 degrees F (but no more than 110 degrees).
- Remove from heat and sprinkle the yeast over the surface over the liquid.
- Sprinkle a pinch of the sugar over the top and set aside without stirring, until foamy, about 5 minutes.
- Whisk the butter, egg yolk and vanilla into the yeast mixture.

- Whisk the flour, the sugar, salt and nutmeg in a large bowl. Make a well in the center of the flour and stir in the yeast mixture with a wooden spoon to make a thick and slightly sticky dough. Turn dough onto a floured work surface and knead until soft and elastic, about 6 minutes. Shape into a ball.
- Brush the inside of a large bowl with butter. Put dough in the buttered bowl, turning to coat lightly with butter. Cover bowl with plastic wrap, trace a circle the size of the dough on the plastic, and note the time.
- Let rise at room temperature until doubled in size, about 1 hour 15 minutes.
- Turn dough out of the bowl and knead briefly to release excess air; reform into a ball and return to the bowl. Lightly butter a large piece of plastic wrap and lay it on the dough. Cover the entire bowl tightly with plastic and proof in the refrigerator for 4 hours or overnight.
- To fill and form the rolls: Butter a 9-by-13-inch baking pan.
- Whisk the sugar and cinnamon together in a small bowl. Turn prepared dough onto a floured work surface and press, then roll into 10-by-18-inch rectangle, with a long edge facing you.
- Spread the softened butter evenly over the surface of the dough, leaving about an inch border on the side opposite you. Evenly scatter the cinnamon-sugar over the butter. Starting from the long side facing you, roll the dough up into a tight cylinder. Lightly brush the clean edge of the dough with water. Press the open long edge to the dough to seal the cylinder.
- Slip a long taut piece of string or dental floss under the roll, about 1 1/2 inches from the end. Lift and cross the string ends over the roll, then pull the ends tightly in opposite directions to cut a single roll. Repeat, cutting every 1 1/2 inches, to make 12 rolls.
- Place the rolls cut-side-down in the prepared pan, leaving 1 inch of space between them. Cover the rolls loosely with plastic wrap. Set aside in a warm place to rise until rolls double in size, about 1 hour 10 minutes.
- Position the rack in the center of the oven and preheat to 350 degrees F.
- Bake buns until golden brown and the tops of the buns spring back when pressed lightly, about 30 minutes. Cool in the pan for 10 minutes.
- To make the glaze: Sift the confectioners' sugar into a medium bowl.
- Whisk in the condensed milk, butter, and lemon juice to make a smooth, slightly loose icing.
- Add the vanilla and cinnamon.
- Drizzle the icing over warm buns.
- Serve.

# Nutrition Facts

■ PROTEIN 4.97% ■ FAT 47.96% ■ CARBS 47.07%

## Properties

Glycemic Index:32.85, Glycemic Load:26.76, Inflammation Score:-6, Nutrition Score:7.9108696061632%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 390.87kcal (19.54%), Fat: 21.05g (32.38%), Saturated Fat: 13.02g (81.36%), Carbohydrates: 46.47g (15.49%), Net Carbohydrates: 44.74g (16.27%), Sugar: 21.6g (24%), Cholesterol: 70.25mg (23.42%), Sodium: 134.27mg (5.84%), Alcohol: 0.29g (100%), Alcohol %: 0.35% (100%), Protein: 4.9g (9.81%), Manganese: 0.46mg (22.79%), Vitamin B1: 0.32mg (21.55%), Selenium: 13.08µg (18.69%), Folate: 73.96µg (18.49%), Vitamin B2: 0.24mg (14.39%), Vitamin A: 654.66IU (13.09%), Vitamin B3: 2.11mg (10.55%), Iron: 1.62mg (9.02%), Phosphorus: 81.05mg (8.11%), Fiber: 1.73g (6.91%), Calcium: 63.35mg (6.33%), Vitamin E: 0.66mg (4.37%), Vitamin B5: 0.39mg (3.9%), Vitamin D: 0.56µg (3.73%), Zinc: 0.47mg (3.12%), Copper: 0.06mg (3.1%), Magnesium: 12.29mg (3.07%), Potassium: 101.44mg (2.9%), Vitamin B12: 0.16µg (2.68%), Vitamin K: 2.26µg (2.16%), Vitamin B6: 0.04mg (2.08%)