



## Cinnamon Streusel Buns

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



569 kcal

BREAD

### Ingredients

- ☐ 2 teaspoons yeast dry
- ☐ 2 large eggs
- ☐ 5.5 cups flour all-purpose ()
- ☐ 2.3 cups brown sugar packed ()
- ☐ 4.5 teaspoons ground cinnamon
- ☐ 1.5 cups milk lukewarm (85°F to 95°F)
- ☐ 8 ounces pecans toasted chopped
- ☐ 1.5 teaspoons salt

- ☐ 0.5 cup sugar
- ☐ 0.8 cup butter unsalted melted
- ☐ 0.5 cup water lukewarm (85°F to 95°F)

## Equipment

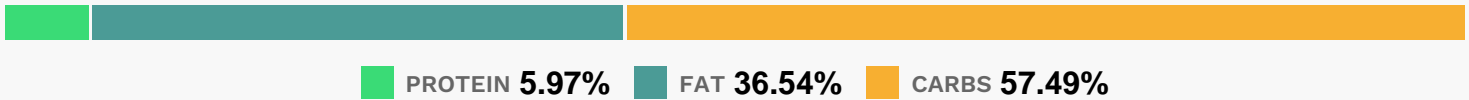
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ spatula
- ☐ measuring cup
- ☐ glass baking pan

## Directions

- ☐ Stir 1/2 cup lukewarm water and yeast in large bowl to blend.
- ☐ Whisk in lukewarm milk, melted butter, sugar and salt, then eggs.
- ☐ Add enough flour, 1/2 cup at a time, to form smooth but very sticky dough, stirring vigorously with wood spoon. Butter large bowl.
- ☐ Transfer dough to bowl; turn to coat with butter. Cover bowl with plastic wrap. Refrigerate overnight (do not punch down dough).
- ☐ Mix brown sugar, pecans and cinnamon in 4-cup measuring cup. Stir in melted butter; set aside.
- ☐ Butter 15x10x2-inch glass baking dish. Set aside 2 cups streusel; cover bottom of dish with remaining streusel. Turn dough out onto generously floured surface, scraping bowl with rubber spatula if dough sticks (do not punch down dough).
- ☐ Sprinkle dough lightly with flour.
- ☐ Roll out dough to 14-inch square.
- ☐ Sprinkle reserved 2 cups streusel over dough, leaving 3/4-inch plain border on all sides.
- ☐ Roll up jelly-roll style, enclosing streusel completely.

- ☐ Cut rolled dough crosswise in half, then cut each half crosswise into 7 rounds, each about 1 inch thick.
- ☐ Place rounds cut side down and evenly spaced atop streusel in dish (rounds will not cover streusel completely).
- ☐ Cover dish loosely with plastic wrap.
- ☐ Let dough rise in warm draft-free area until rounds are puffed and almost touching, about 45 minutes.
- ☐ Meanwhile, position rack in center of oven and preheat to 400°F.
- ☐ Bake buns 10 minutes. Reduce oven temperature to 375°F. Continue to bake buns until golden brown, about 20 minutes longer.
- ☐ Immediately place large baking sheet atop dish with buns. Invert buns onto baking sheet. Cool at least 30 minutes.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:14.15, Glycemic Load:32.64, Inflammation Score:-6, Nutrition Score:13.934347836868%

## Flavonoids

Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg Delphinidin: 1.18mg, Delphinidin: 1.18mg, Delphinidin: 1.18mg, Delphinidin: 1.18mg Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg

## Nutrients (% of daily need)

Calories: 568.67kcal (28.43%), Fat: 23.59g (36.29%), Saturated Fat: 8.04g (50.25%), Carbohydrates: 83.51g (27.84%), Net Carbohydrates: 80.16g (29.15%), Sugar: 43.51g (48.34%), Cholesterol: 55.85mg (18.62%), Sodium: 282.24mg (12.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.33%), Manganese: 1.2mg (60.23%), Vitamin B1: 0.56mg (37.3%), Selenium: 20.6µg (29.42%), Folate: 107.94µg (26.99%), Vitamin B2: 0.36mg (20.94%), Iron: 3.14mg (17.42%), Vitamin B3: 3.35mg (16.76%), Copper: 0.3mg (14.76%), Phosphorus: 146.03mg (14.6%), Fiber: 3.34g (13.37%), Magnesium: 38.54mg (9.64%), Calcium: 94.18mg (9.42%), Zinc: 1.35mg (8.98%), Vitamin A: 395.79IU (7.92%), Vitamin B5: 0.68mg (6.84%), Potassium: 225.19mg (6.43%), Vitamin B6: 0.11mg (5.31%), Vitamin E: 0.64mg

(4.28%), Vitamin D: 0.61µg (4.09%), Vitamin B12: 0.23µg (3.76%), Vitamin K: 1.87µg (1.78%)