



## Cranberry Cinnamon Buns



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



323 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.5 oz active yeast dry (5 teaspoons)
- ☐ 1 teaspoon cinnamon
- ☐ 1.3 cups confectioners sugar
- ☐ 9 oz cranberries fresh frozen thawed
- ☐ 2 large eggs at room temperature
- ☐ 1.3 cups granulated sugar
- ☐ 0.3 cup brown sugar light packed
- ☐ 1 cup warm milk

- ☐ 2 tablespoons milk
- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup butter unsalted soft
- ☐ 1 cup walnuts chopped
- ☐ 0.3 cup water
- ☐ 0.5 cup warm water (105–115°F)

## Equipment

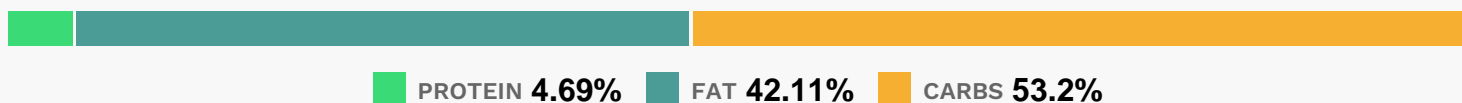
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ hand mixer
- ☐ offset spatula

## Directions

- ☐ Stir together warm water, yeast, and a pinch of the sugar in a small bowl and let stand until foamy, 5 to 10 minutes. (If mixture doesn't foam, discard and start over.)
- ☐ Put 5 cups flour, salt, and remaining sugar in bowl of electric mixer and mix with dough hook at low speed until combined.
- ☐ Whisk together milk and eggs in a small bowl, then add to dry ingredients along with yeast, beating at low speed until flour is incorporated. Beat at medium speed until a very soft dough forms, about 2 minutes.
- ☐ Add butter and continue beating at medium speed until dough is smooth, soft, and elastic, about 4 minutes (it will be quite sticky).
- ☐ Rinse a large bowl with hot water.
- ☐ Add dough to wet bowl and cover bowl tightly with plastic wrap.

- ☐ Let dough rise in a warm place until doubled in bulk, 45 minutes to 1 hour.
- ☐ Bring water and 1 cup granulated sugar to a boil, stirring until sugar is dissolved.
- ☐ Add cranberries and simmer just until they begin to burst, about 2 minutes.
- ☐ Pour through a large sieve into a bowl and cool berries, reserving syrup for another use (such as a flavoring for seltzer).
- ☐ Turn out dough onto a well-floured surface and dust with flour, then roll out into a 16-inch square.
- ☐ Brush off excess flour, then spread evenly with butter with a small metal offset spatula.
- ☐ Stir together brown sugar, cinnamon, and remaining 1/3 cup granulated sugar and sprinkle evenly over dough. Dot dough evenly with drained cranberries, then sprinkle with nuts if using.
- ☐ Beginning with side nearest you, roll up dough, firmly but not tightly, into a log, then pinch seam to seal. Trim 1 inch off each end with a large knife and discard, then cut log crosswise into 12 slices.
- ☐ Arrange slices, cut sides up, in buttered cake pans (place 1 slice in center of each pan, then evenly space 5 more around it). Cover with plastic wrap and let rise in a warm place until doubled in bulk, about 1 hour.
- ☐ Preheat oven to 350°F while buns are rising.
- ☐ Bake buns in lower third of oven until puffed and golden, 30 to 35 minutes, then cool in pan on a rack 10 minutes.
- ☐ Stir together confectioners sugar and milk with a fork until smooth.
- ☐ Drizzle over buns while still hot.
- ☐ Serve buns warm or at room temperature.
- ☐ • Buns can be formed (but not allowed to rise and not baked) 1 day ahead and chilled, wrapped well in plastic wrap.
- ☐ Let rise at room temperature about 1 1/2 hours, loosely covered with plastic wrap, before baking.

## Nutrition Facts



## Properties

Glycemic Index:18.01, Glycemic Load:16.86, Inflammation Score:-4, Nutrition Score:6.2878260508828%

Flavonoids

Cyanidin: 10.14mg, Cyanidin: 10.14mg, Cyanidin: 10.14mg, Cyanidin: 10.14mg Delphinidin: 1.63mg, Delphinidin: 1.63mg, Delphinidin: 1.63mg, Delphinidin: 1.63mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 10.45mg, Peonidin: 10.45mg, Peonidin: 10.45mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 322.83kcal (16.14%), Fat: 15.74g (24.22%), Saturated Fat: 6.16g (38.47%), Carbohydrates: 44.74g (14.91%), Net Carbohydrates: 42.92g (15.61%), Sugar: 41.15g (45.72%), Cholesterol: 54.08mg (18.03%), Sodium: 315.97mg (13.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.9%), Manganese: 0.45mg (22.55%), Vitamin B1: 0.18mg (12.16%), Folate: 41.66µg (10.42%), Copper: 0.19mg (9.38%), Phosphorus: 85.72mg (8.57%), Vitamin B2: 0.15mg (8.56%), Fiber: 1.82g (7.3%), Vitamin A: 333.55IU (6.67%), Selenium: 3.95µg (5.64%), Vitamin B6: 0.11mg (5.64%), Magnesium: 21.92mg (5.48%), Calcium: 53.08mg (5.31%), Vitamin B5: 0.51mg (5.08%), Vitamin E: 0.67mg (4.47%), Zinc: 0.63mg (4.23%), Vitamin C: 3.11mg (3.77%), Vitamin D: 0.56µg (3.73%), Potassium: 126.88mg (3.63%), Vitamin B12: 0.21µg (3.57%), Vitamin B3: 0.65mg (3.23%), Iron: 0.57mg (3.19%), Vitamin K: 2.14µg (2.04%)