



## Crescent Hot Cross Buns

READY IN



40 min.

SERVINGS



8

CALORIES



132 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 teaspoon lemon zest grated
- 1 teaspoons milk
- 0.3 cup powdered sugar
- 0.3 cup raisins
- 8 oz regular crescent rolls refrigerated canned

### Equipment

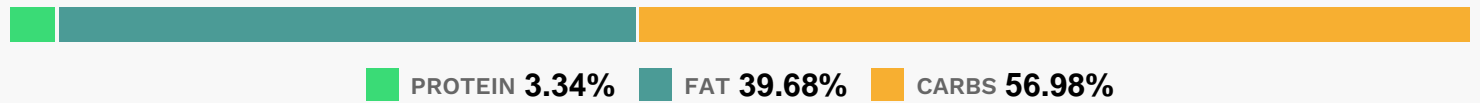
- bowl
- baking sheet

- oven
- wire rack

## Directions

- Heat oven to 375F. Unroll dough and separate into 8 triangles.
- In small bowl, mix raisins and lemon peel; spoon about 1 teaspoon raisin mixture onto short side of each triangle. Gently wrap corners of dough over filling and roll to opposite point; pinch to seal.
- Place point side down on ungreased cookie sheet.
- Bake 12 to 14 minutes or until golden brown.
- Remove from cookie sheet; place on wire rack. Cool 10 minutes.
- In small bowl, mix powdered sugar and enough milk until smooth and drizzling consistency. With spoon, drizzle icing in cross shape on top of each bun.

## Nutrition Facts



## Properties

Glycemic Index:12.1, Glycemic Load:2.56, Inflammation Score:1, Nutrition Score:0.52434781922594%

## Nutrients (% of daily need)

Calories: 132.1kcal (6.6%), Fat: 6.15g (9.46%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 19.86g (6.62%), Net Carbohydrates: 19.44g (7.07%), Sugar: 6.54g (7.26%), Cholesterol: 0.08mg (0.03%), Sodium: 224.55mg (9.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.33%), Iron: 0.52mg (2.87%), Fiber: 0.42g (1.67%), Potassium: 50.96mg (1.46%)