



Dairy-Free Hot Cross Buns

 Dairy Free

READY IN



55 min.

SERVINGS



16

CALORIES



170 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.3 teaspoons active yeast dry (one packet)
- ☐ 0.3 cup currants
- ☐ 2 tablespoons dairy-free margarine soft
- ☐ 1 tablespoon your choice of dairy-free milk alternative plain
- ☐ 1 eggs
- ☐ 1 egg white
- ☐ 3.3 cups flour
- ☐ 0.3 cup granulated sugar

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.5 teaspoon juice of lemon
- ☐ 1.5 teaspoons lemon zest
- ☐ 2 teaspoons orange zest
- ☐ 1.3 cups powdered sugar
- ☐ 0.8 teaspoons salt
- ☐ 2 tablespoons water

Equipment

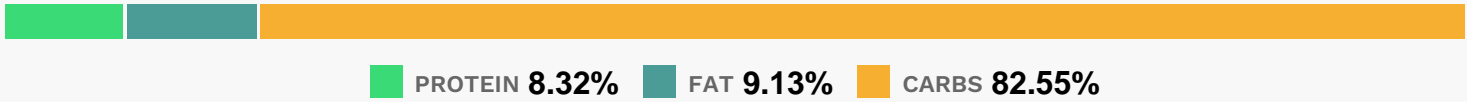
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Combine the water and milk alternative and microwave until tepid, about 100°F.
- ☐ Add the sugar and yeast, and let sit for a minute. After the yeast becomes frothy, add the dairy-free margarine, egg, zest, salt, cinnamon, and nutmeg, and mix well. Slowly mix in the flour. When possible, begin to knead the bread with your hands, continuing to knead until it is smooth.
- ☐ Place the dough in a greased bowl and cover with a clean cloth.
- ☐ Let it rise until doubled in size, about one hour. Punch down the dough, and the dried fruit, and knead it into the dough. Cover with plastic wrap and let it rise again in the refrigerator overnight. The next day, let the dough come to room temperature for 30 minutes. Shape the dough into 16 balls, and space them apart on one or two greased cookie sheets.
- ☐ Let rise until doubled, approximately 90 minutes. Preheat your oven to 400°F. Slash a cross shape into the top of each bun, and brush with egg white, if desired.

- ☐
- Bake the buns for 10 minutes, reduce heat to 350°F and bake for 15 minutes, or until golden.
- ☐
- Whisk together the glaze ingredients until smooth and pipe crosses onto the still-warm buns.

Nutrition Facts



Properties

Glycemic Index:17.41, Glycemic Load:16.98, Inflammation Score:-3, Nutrition Score:4.8517390515493%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 169.73kcal (8.49%), Fat: 1.73g (2.65%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 35.08g (11.69%), Net Carbohydrates: 34.09g (12.4%), Sugar: 14.43g (16.04%), Cholesterol: 10.23mg (3.41%), Sodium: 129.86mg (5.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.07%), Vitamin B1: 0.26mg (17.23%), Folate: 59.93µg (14.98%), Selenium: 10.2µg (14.58%), Vitamin B2: 0.17mg (10.29%), Manganese: 0.2mg (9.86%), Vitamin B3: 1.79mg (8.94%), Iron: 1.33mg (7.39%), Fiber: 0.99g (3.96%), Phosphorus: 39.08mg (3.91%), Vitamin E: 0.41mg (2.74%), Copper: 0.05mg (2.58%), Vitamin B5: 0.22mg (2.22%), Magnesium: 7.47mg (1.87%), Zinc: 0.27mg (1.78%), Vitamin A: 88.27IU (1.77%), Potassium: 59.65mg (1.7%), Vitamin B6: 0.03mg (1.63%), Vitamin K: 1.14µg (1.09%), Calcium: 10.26mg (1.03%)