



## Easy iced buns



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



158 kcal

## Ingredients

- ☐ 500 g sandwich bread white (we used Wright's)
- ☐ 100 g sugar
- ☐ 1 eggs
- ☐ 350 g powdered sugar
- ☐ 20 servings purple gel food coloring (plus food colouring, if you like)

## Equipment

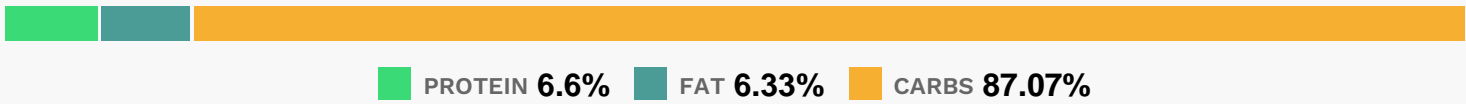
- ☐ food processor
- ☐ bowl
- ☐ oven

- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ kitchen towels

## Directions

- ☐ Pulse together the bread mix and sugar in a food processor or table-top mixer. While the motor is running, add the egg and about 250–300ml lukewarm water, until a soft dough is formed. Knead on a lightly floured surface until smooth, about 5–10 mins. Leave in an oiled bowl, covered with oiled cling film, in a warm place until doubled in size about 1 hr.
- ☐ Knock back dough by squashing with your fist, and divide into 20 even-sized pieces keep covered with a clean tea towel so they dont dry out. Shape each into a sausage and place on an oiled baking tray. Cover with oiled cling film and rise until doubled in size again.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Remove film and cook buns on top shelf for 8–10 mins, until golden. Cool on a wire rack. To decorate, mix icing sugar with a little water until stiff but spreadable add food colouring, if you like. Dip in the top of each bun and scatter with sprinkles.

## Nutrition Facts



## Properties

Glycemic Index:7.24, Glycemic Load:12.26, Inflammation Score:-1, Nutrition Score:3.0178260584564%

## Nutrients (% of daily need)

Calories: 157.97kcal (7.9%), Fat: 1.12g (1.73%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 34.76g (11.59%), Net Carbohydrates: 34.19g (12.43%), Sugar: 23.45g (26.05%), Cholesterol: 8.18mg (2.73%), Sodium: 122.77mg (5.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.27%), Selenium: 6.61µg (9.44%), Vitamin B1: 0.13mg (8.51%), Manganese: 0.15mg (7.48%), Folate: 28.78µg (7.2%), Vitamin B3: 1.19mg (5.96%), Calcium: 54.21mg (5.42%), Iron: 0.89mg (4.95%), Vitamin B2: 0.07mg (4.37%), Phosphorus: 32.61mg (3.26%), Fiber: 0.57g (2.3%), Magnesium: 7.01mg (1.75%), Copper: 0.03mg (1.71%), Vitamin B5: 0.17mg (1.68%), Zinc: 0.25mg (1.67%), Vitamin B6: 0.03mg (1.34%)