



Chelsea Buns (British Cinnamon Rolls with Raisins)

 Vegetarian

READY IN



150 min.

SERVINGS



8

CALORIES



465 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 5 tablespoons butter divided
- ☐ 0.3 teaspoon cinnamon
- ☐ 4 tablespoons powdered sugar
- ☐ 1 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 1.8 cups milk divided

- ☐ 1 cup raisins
- ☐ 1 pinch salt
- ☐ 0.3 teaspoon sugar
- ☐ 8 servings vegetable oil
- ☐ 1 envelope yeast

Equipment

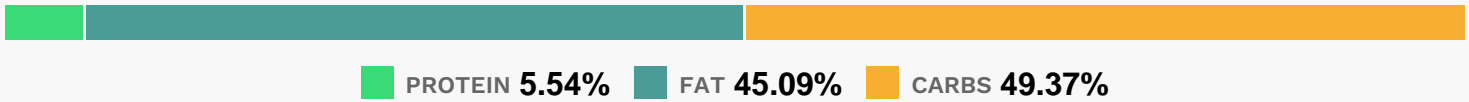
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ wooden spoon
- ☐ microwave
- ☐ kitchen towels
- ☐ rolling pin

Directions

- ☐ In a large bowl combine the flour and salt, then make a well in the center.
- ☐ Sprinkle the yeast and sugar into the center of the well. In a small saucepan heat 2 tablespoons butter and 1 1/2 cups milk over medium heat until the butter has melted and the milk is just warm. Allow to cool for 2 minutes.
- ☐ Pour the milk into the center of the flour well.
- ☐ Mix gently with a wooden spoon then add beaten egg.
- ☐ Mix until a dough forms. Knead with hands for 5 minutes then place in a clean bowl, and coat with thin layer of vegetable oil. Leave to rise in a warm place, covered with a clean dish towel, until roughly doubled in size, about 1 hour.
- ☐ Press down dough, then turn out onto a floured work surface.

- ☐ Roll dough with a rolling pin into a rough 8- by 13-inch rectangle with the large edge running parallel to the counter's edge. Melt 2 more tablespoons butter in a small bowl in the microwave.
- ☐ Brush dough with butter, making sure to leave a 1-inch border along the top edge.
- ☐ Add raisins and brown sugar on top of butter.
- ☐ Sprinkle with cinnamon. Gently roll away from you to form a 13 inch-wide tube. Use a thin, sharp knife to cut the tube into 8 equal pieces.
- ☐ Butter an 8- by 11-inch baking dish with remaining tablespoon of butter, then place rolls in buttered dish. Adjust oven rack to middle position and preheat oven to 375°F.
- ☐ Let the buns rise in a warm place until doubled again, about 30 minutes.
- ☐ Bake until golden brown, about 20 minutes.
- ☐ Remove from oven and allow to cool.
- ☐ Meanwhile, combine the remaining 1/4 cup milk and the confectioner's sugar in a saucepan and whisk until smooth. Bring to a simmer and cook for 2 minutes.
- ☐ Pour over Chelsea buns while still warm.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:37.11, Glycemic Load:25.93, Inflammation Score:-4, Nutrition Score:10.575217392134%

Nutrients (% of daily need)

Calories: 465.08kcal (23.25%), Fat: 23.8g (36.61%), Saturated Fat: 7.89g (49.3%), Carbohydrates: 58.62g (19.54%), Net Carbohydrates: 56.28g (20.46%), Sugar: 20.05g (22.28%), Cholesterol: 45.68mg (15.23%), Sodium: 99.28mg (4.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.15%), Vitamin B1: 0.39mg (26.29%), Vitamin K: 26.65µg (25.38%), Folate: 81.19µg (20.3%), Selenium: 13.75µg (19.65%), Vitamin B2: 0.32mg (19.11%), Manganese: 0.29mg (14.39%), Vitamin B3: 2.48mg (12.39%), Phosphorus: 120.41mg (12.04%), Iron: 2.14mg (11.91%), Vitamin E: 1.45mg (9.69%), Fiber: 2.34g (9.38%), Calcium: 92.94mg (9.29%), Potassium: 299.72mg (8.56%), Vitamin A: 335.01IU (6.7%), Vitamin B12: 0.35µg (5.88%), Vitamin B5: 0.57mg (5.75%), Copper: 0.12mg (5.75%), Vitamin B6: 0.11mg (5.44%), Magnesium: 21.3mg (5.33%), Vitamin D: 0.7µg (4.65%), Zinc: 0.62mg (4.16%), Vitamin C: 0.98mg (1.19%)