

Hot Cross Buns

READY IN



45 min.

SERVINGS



12

CALORIES



86 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 teaspoon cinnamon
- 2 tablespoons flour
- 0.3 teaspoon nutmeg
- 0.5 cup raisins
- 1 teaspoon salt
- 4 tablespoons shortening
- 0.8 cup milk sour

0.3 cup sugar

Equipment

frying pan

oven

knife

Directions

Sift flour once, measure, add baking soda, baking powder, salt, sugar and spices, and sift again.

Cut in shortening.

Add raisins.

Add enough sour milk to make a stiff dough. Turn onto floured board. Knead slightly.

Roll 1/2 inch thick.

Cut with 2 inch cutter.

Place close together in shallow pan. With sharp knife, cut a cross in each roll.

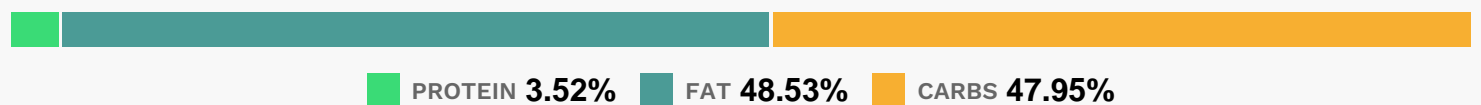
Brush with a solution of milk and sugar.

Bake in hot 475 degrees for 20 minutes.

Brush again with sugar and milk solution. Fill cross with plain frosting.

Serve hot. Makes 12 buns.

Nutrition Facts



Properties

Glycemic Index:34.07, Glycemic Load:6.51, Inflammation Score:-1, Nutrition Score:1.4513043478261%

Taste

Sweetness: 100%, Saltiness: 28.92%, Sourness: 21.76%, Bitterness: 16.51%, Savoriness: 15.32%, Fattiness: 77.93%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 85.94kcal (4.3%), Fat: 4.83g (7.43%), Saturated Fat: 1.37g (8.59%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 10.24g (3.72%), Sugar: 4.91g (5.45%), Cholesterol: 1.83mg (0.61%), Sodium: 282.46mg (12.28%), Protein: 0.79g (1.57%), Calcium: 41.34mg (4.13%), Phosphorus: 28.73mg (2.87%), Vitamin B2: 0.04mg (2.3%), Vitamin K: 2.35µg (2.23%), Potassium: 74.75mg (2.14%), Manganese: 0.04mg (2.09%), Fiber: 0.5g (1.99%), Vitamin E: 0.27mg (1.81%), Vitamin B1: 0.03mg (1.74%), Iron: 0.27mg (1.48%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.17µg (1.12%), Selenium: 0.78µg (1.11%), Copper: 0.02mg (1.07%), Vitamin B6: 0.02mg (1.07%), Magnesium: 4.14mg (1.03%)