

Hot Cross Buns

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



137 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 ounce yeast dry
- 0.5 cup butter softened
- 3 large eggs
- 5 cups flour all-purpose
- 1.5 teaspoons ground cinnamon
- 1 cup milk (100° to 110°)
- 1 cup raisins
- 0.5 teaspoon salt

- 0.5 cup sugar
- 48 servings sugar
- 1.5 teaspoons vanilla extract
- 0.5 cup water (100° to 110°)

Equipment

- bowl
- frying pan
- oven
- mixing bowl
- hand mixer

Directions

- Combine yeast and 1/2 cup warm water in a large mixing bowl; let stand 5 minutes.
- Add warm milk and next 5 ingredients. Beat at medium speed with an electric mixer until blended.
- Combine flour and cinnamon, and gradually add to yeast mixture, beating at medium speed for 2 minutes. Stir in raisins.
- Place dough in a well-greased bowl, turning to grease top.
- Cover and let rise in a warm place (85), free from drafts, 2 hours or until doubled in bulk.
- Punch dough down; cover and let rise in a warm place (85), free from drafts, 30 minutes.
- Turn dough out onto a well-floured surface, and roll to 1/2-inch thickness.
- Cut with a 2-inch round cutter.
- Place on a lightly greased 15- x 10-inch jellyroll pan. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- Bake, uncovered, at 350 for 20 to 25 minutes or until lightly browned.
- Let rolls cool 10 minutes. Pipe Sugar Glaze over rolls in an "X" shape.

Nutrition Facts



■ PROTEIN 6.11% ■ FAT 16.78% ■ CARBS 77.11%

Properties

Glycemic Index:7.65, Glycemic Load:18.38, Inflammation Score:-1, Nutrition Score:2.8865217255509%

Nutrients (% of daily need)

Calories: 136.51kcal (6.83%), Fat: 2.59g (3.98%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 26.11g (9.5%), Sugar: 14.36g (15.96%), Cholesterol: 17.32mg (5.77%), Sodium: 47.34mg (2.06%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 2.12g (4.25%), Vitamin B1: 0.14mg (9.49%), Folate: 32.37µg (8.09%), Selenium: 5.62µg (8.03%), Vitamin B2: 0.11mg (6.27%), Manganese: 0.11mg (5.53%), Vitamin B3: 0.93mg (4.66%), Iron: 0.76mg (4.2%), Phosphorus: 30.15mg (3.01%), Fiber: 0.67g (2.68%), Vitamin A: 84.39IU (1.69%), Vitamin B5: 0.17mg (1.68%), Copper: 0.03mg (1.66%), Potassium: 54.92mg (1.57%), Magnesium: 5.04mg (1.26%), Zinc: 0.19mg (1.24%), Calcium: 12.33mg (1.23%), Vitamin B6: 0.02mg (1.22%)