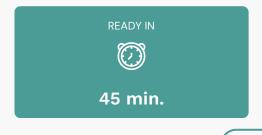


Hot Cross Buns

Vegetarian







MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

Ш	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			
Di	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- \times 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

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%)