

# Hot Cross Buns

 Vegetarian

READY IN



55 min.

SERVINGS



50

CALORIES



80 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.7 cup currants
- ☐ 1 egg white lightly beaten
- ☐ 2 large eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 4.5 cups flour all-purpose divided
- ☐ 0.3 cup golden raisins
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 teaspoon ground nutmeg

- ☐ 50 servings hint of lemon icing
- ☐ 1 cup milk
- ☐ 1 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 0.3 cup butter unsalted
- ☐ 0.3 cup water
- ☐ 0.3 oz rapid-rise yeast

## Equipment

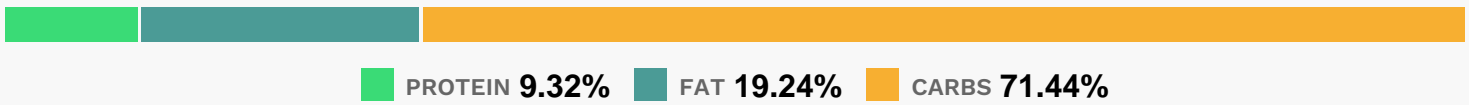
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ stand mixer

## Directions

- ☐ Combine 2 1/2 cups flour, sugar, and next 4 ingredients in the mixing bowl of a heavy-duty stand mixer, stirring well. Set aside.
- ☐ Combine milk, 1/4 cup water, and butter pieces in a saucepan; cook over medium heat, stirring constantly, just until butter melts. Cool 5 minutes (to 130).
- ☐ Pour milk mixture into flour mixture, and beat at low speed with dough hook attachment 2 minutes or until dry ingredients are moistened. Increase speed to medium; add eggs, 1 at a time, beating just until yellow disappears after each addition. Beat 3 more minutes. Reduce speed to low, and gradually beat in enough remaining flour (up to 2 1/2 cups) to make a soft dough (dough will be sticky). Beat at medium speed with dough hook attachment 5 minutes.
- ☐ Scrape dough into a large bowl coated with cooking spray, and lightly spray the top of the dough.

- ☐ Cover and let rise in a warm place (85), free from drafts, 1 hour. (Dough will almost double in bulk.)
- ☐ Punch dough down, and turn out onto a floured surface.
- ☐ Combine 2/3 cup currants, 1/3 cup raisins, and 1 Tbsp. flour, stirring to coat. Knead about one-fourth of fruit mixture at a time into dough until all fruit mixture is evenly dispersed.
- ☐ Divide dough into 20 equal portions; shape each portion into a 2-inch ball. Evenly space dough balls on a parchment paper-lined 15- x 10-inch jelly-roll pan; cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk. Gently brush tops with beaten egg white.
- ☐ Bake at 375 for 15 minutes or until buns are a deep golden brown and sound hollow when tapped. Cool buns 15 minutes in pan on a wire rack.
- ☐ Spoon icing into a zip-top plastic freezer bag; snip a 1/4-inch piece from corner of bag, and pipe an "X" on top of warm buns, forming a cross.
- ☐ Serve remaining icing with buns, if desired.

## Nutrition Facts



## Properties

Glycemic Index:8.81, Glycemic Load:9.13, Inflammation Score:-1, Nutrition Score:2.6943478454714%

## Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 79.9kcal (3.99%), Fat: 1.75g (2.69%), Saturated Fat: 0.96g (6.02%), Carbohydrates: 14.59g (4.86%), Net Carbohydrates: 13.91g (5.06%), Sugar: 4.89g (5.44%), Cholesterol: 11.28mg (3.76%), Sodium: 53.84mg (2.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.81%), Vitamin B1: 0.11mg (7.65%), Selenium: 4.78µg (6.83%), Folate: 26.2µg (6.55%), Vitamin B2: 0.09mg (5.15%), Manganese: 0.1mg (4.89%), Vitamin C: 3.83mg (4.65%), Vitamin B3: 0.79mg (3.94%), Iron: 0.67mg (3.71%), Fiber: 0.68g (2.73%), Phosphorus: 26.77mg (2.68%), Potassium: 57.02mg (1.63%), Copper: 0.03mg (1.58%), Vitamin B6: 0.03mg (1.4%), Calcium: 13.65mg (1.36%), Vitamin B5: 0.14mg (1.36%), Magnesium: 5.18mg (1.29%), Vitamin A: 59.56IU (1.19%), Zinc: 0.15mg (1.03%)