



Hot Cross Buns

READY IN



45 min.

SERVINGS



12

CALORIES



156 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons brandy
- ☐ 1 lb bread dough frozen
- ☐ 1 large eggs
- ☐ 0.5 cup golden raisins
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 tablespoon milk
- ☐ 0.8 cup powdered sugar

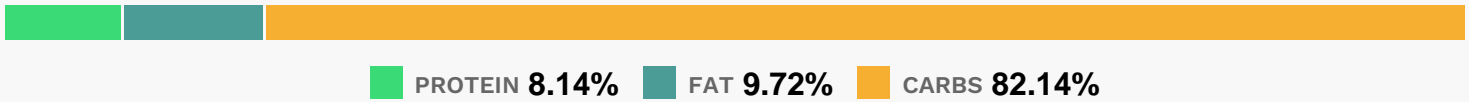
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Thaw frozen bread dough following package directions.
- ☐ Place in a large bowl, cover, and let stand until pliable and no longer cold, 30 minutes to 1 hour.
- ☐ In a small bowl, soak raisins in brandy for 30 to 40 minutes.
- ☐ Add raisin mixture and nutmeg to dough. In bowl or on a board, knead raisins into dough. With floured hands, divide dough into 12 equal pieces; shape into round rolls.
- ☐ Place about 2 inches apart on a buttered baking sheet. Cover and let rise in a warm place until almost doubled, about 20 minutes. In a bowl, beat egg with 1 tablespoon water.
- ☐ Brush buns with egg mixture (discard remainder).
- ☐ Bake rolls in a 350 oven until golden brown, about 20 minutes.
- ☐ Transfer to a rack and let stand 10 minutes.
- ☐ In a bowl, mix powdered sugar and milk. With a spoon, drizzle icing over buns in the shape of a large X.

Nutrition Facts



Properties

Glycemic Index:14.97, Glycemic Load:2.62, Inflammation Score:-1, Nutrition Score:0.97652174338051%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 156.42kcal (7.82%), Fat: 1.59g (2.44%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 30.18g (10.06%), Net Carbohydrates: 29.19g (10.61%), Sugar: 11g (12.22%), Cholesterol: 15.65mg (5.22%), Sodium: 185.07mg (8.05%), Alcohol: 0.83g (100%), Alcohol %: 1.78% (100%), Protein: 2.99g (5.98%), Fiber: 0.99g (3.95%), Selenium: 1.39µg (1.99%), Vitamin B2: 0.03mg (1.99%), Phosphorus: 16.65mg (1.66%), Potassium: 53.04mg (1.52%), Vitamin B6:

0.03mg (1.37%), Copper: 0.03mg (1.32%), Manganese: 0.02mg (1.09%), Iron: 0.19mg (1.04%)