

Hot Cross Buns

 Vegetarian

READY IN



50 min.

SERVINGS



18

CALORIES



162 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 ounce yeast dry
- 0.3 cup butter melted
- 0.3 cup candied orange peel mixed chopped
- 0.5 cup powdered sugar
- 0.5 cup currants dried
- 1 eggs
- 1 egg yolk
- 3.5 cups flour all-purpose

- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 teaspoon nutmeg
- 0.8 cup milk (110° to 115°)
- 1.3 teaspoons salt
- 2 tablespoons sugar
- 0.3 cup water (110° to 115°)
- 2 teaspoons water

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- ziploc bags

Directions

- In a large bowl, dissolve yeast in warm water.
- Add the milk, sugar, butter, salt, cinnamon, nutmeg, cloves, egg, egg yolk and 2 cups flour. Beat until smooth. Stir in the currants, candied peel and enough remaining flour to form a soft dough.
- Turn onto a floured surface; knead until smooth and elastic, about 6–8 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- Punch dough down. Turn onto a lightly floured surface; divide into 18 pieces. Shape each into a roll.
- Place 2 in. apart on greased baking sheets. Cover and let rise until doubled, about 30 minutes.
- Bake at 400° for 12–15 minutes or until golden brown. Meanwhile, for glaze, combine sugar and water in small saucepan. Cook and stir over medium heat until sugar is dissolved.
- Place wire racks over waxed paper; place buns on racks.

- Brush with warm glaze; cool.
- For icing, combine confectioners' sugar and water in a small bowl.
- Transfer to a small resealable plastic bag; cut a small hole in a corner of bag. Pipe a cross on top of each bun.

Nutrition Facts



Properties

Glycemic Index:18.51, Glycemic Load:15.27, Inflammation Score:-2, Nutrition Score:5.0434782757707%

Nutrients (% of daily need)

Calories: 162.22kcal (8.11%), Fat: 3.69g (5.67%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 28.83g (9.61%), Net Carbohydrates: 27.78g (10.1%), Sugar: 9.35g (10.39%), Cholesterol: 27.89mg (9.3%), Sodium: 194.4mg (8.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.3%), Vitamin B1: 0.25mg (16.62%), Folate: 56.85µg (14.21%), Selenium: 9.88µg (14.12%), Manganese: 0.23mg (11.4%), Vitamin B2: 0.17mg (10.24%), Vitamin B3: 1.67mg (8.37%), Iron: 1.3mg (7.24%), Phosphorus: 52.81mg (5.28%), Fiber: 1.05g (4.21%), Vitamin B5: 0.27mg (2.71%), Copper: 0.05mg (2.7%), Vitamin A: 126.62IU (2.53%), Calcium: 25.23mg (2.52%), Potassium: 83.57mg (2.39%), Magnesium: 8.99mg (2.25%), Zinc: 0.32mg (2.14%), Vitamin B6: 0.04mg (2.14%), Vitamin B12: 0.1µg (1.7%), Vitamin D: 0.21µg (1.43%), Vitamin E: 0.15mg (1.03%)