



## Hot Cross Buns

 Vegetarian

READY IN



195 min.

SERVINGS



24

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.5 cup currants dried
- ☐ 1 large egg white
- ☐ 2 large eggs lightly beaten
- ☐ 4.3 cups flour all-purpose divided
- ☐ 0.5 cup golden raisins
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup honey
- ☐ 1 teaspoon juice of lemon fresh

- ☐ 1 teaspoon lemon rind   grated
- ☐ 1 tablespoon milk   2% reduced-fat
- ☐ 1 cup warm milk   fat-free (120° to 130°)
- ☐ 0.3 teaspoon nutmeg   whole grated
- ☐ 0.3 cup warm orange juice   (120° to 130°)
- ☐ 1 teaspoon orange rind   grated
- ☐ 1 cup powdered sugar
- ☐ 1 teaspoon salt
- ☐ 0.3 cup butter   unsalted melted
- ☐ 1 tablespoon water
- ☐ 1 cup whole-grain pastry flour
- ☐ 2.3 teaspoons quick-rise yeast

## Equipment

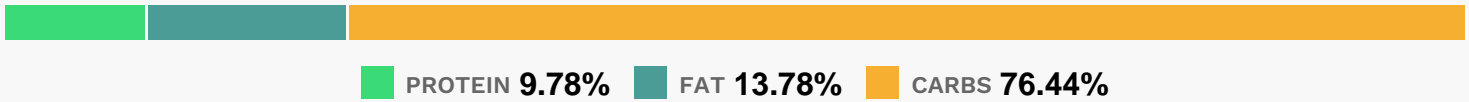
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ stand mixer
- ☐ ziploc bags
- ☐ microwave
- ☐ muffin liners
- ☐ measuring cup
- ☐ colander

## Directions

- ☐ To prepare rolls, combine first 3 ingredients in a small bowl; let stand 10 minutes.

- ☐ Drain fruit in a colander over a bowl, reserving fruit and juice.
- ☐ Weigh or lightly spoon 5 ounces (about 4 cups plus 2 tablespoons) all-purpose flour and pastry flour into dry measuring cups; level with a knife.
- ☐ Combine flours, salt, and next 5 ingredients (through yeast) in the bowl of a stand mixer with dough hook attached; mix until combined.
- ☐ Combine reserved orange juice, fat-free milk, honey, butter, and 2 eggs in a bowl, stirring with a whisk. With mixer on, slowly add milk mixture to flour mixture; mix at medium-low speed 7 minutes. Turn dough out onto a lightly floured surface.
- ☐ Add reserved fruit. Knead 2 minutes or until smooth and elastic; add enough of remaining 2 tablespoons all-purpose flour, 1 tablespoon at a time, to prevent dough from sticking.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm, dry place, free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Divide into 24 equal portions; roll each portion into a ball.
- ☐ Place rolls in muffin cups coated with cooking spray. Cover and let rise for 1 hour or until almost doubled in size.
- ☐ Preheat oven to 35
- ☐ Combine 1 tablespoon water and egg white; stir with a whisk. Gently brush rolls with egg white mixture.
- ☐ Bake at 350 for 20 minutes or until golden, rotating pans once during baking.
- ☐ Remove from pans; cool 10 minutes on a wire rack.
- ☐ To prepare glaze, combine powdered sugar and remaining ingredients in a bowl, stirring with a whisk. Microwave at HIGH 20 seconds or until warm. Spoon glaze into a zip-top plastic bag. Seal bag; snip a tiny hole in 1 corner of bag. Pipe a cross on top of each warm roll.

## Nutrition Facts



## Properties

Glycemic Index:15.38, Glycemic Load:15.88, Inflammation Score:-3, Nutrition Score:6.1413043607836%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 175.48kcal (8.77%), Fat: 2.74g (4.21%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 34.15g (11.38%), Net Carbohydrates: 32.63g (11.87%), Sugar: 12.33g (13.7%), Cholesterol: 20.94mg (6.98%), Sodium: 112.49mg (4.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.74%), Manganese: 0.39mg (19.6%), Selenium: 12.52µg (17.89%), Vitamin B1: 0.25mg (16.43%), Folate: 53.18µg (13.3%), Vitamin B2: 0.18mg (10.76%), Vitamin B3: 1.79mg (8.95%), Iron: 1.43mg (7.93%), Phosphorus: 71.28mg (7.13%), Fiber: 1.52g (6.08%), Magnesium: 16.48mg (4.12%), Copper: 0.08mg (4.05%), Potassium: 124.85mg (3.57%), Vitamin B6: 0.07mg (3.44%), Zinc: 0.45mg (2.97%), Vitamin B5: 0.29mg (2.88%), Calcium: 27.91mg (2.79%), Vitamin C: 1.85mg (2.25%), Vitamin A: 111.41IU (2.23%), Vitamin B12: 0.11µg (1.75%), Vitamin D: 0.23µg (1.54%), Vitamin E: 0.16mg (1.05%)