



Lemon and Ginger Hot Cross Buns

 Vegetarian

READY IN



240 min.

SERVINGS



12

CALORIES



313 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups milk (105°F to 115°F)
- ☐ 0.5 cup granulated sugar
- ☐ 1 tablespoon yeast dry
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 teaspoon vanilla
- ☐ 4.5 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon nutmeg freshly grated

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup candied ginger finely chopped
- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon water
- ☐ 1 tablespoon candied ginger finely chopped
- ☐ 0.8 cup powdered sugar
- ☐ 1 tablespoon juice of lemon fresh

Equipment

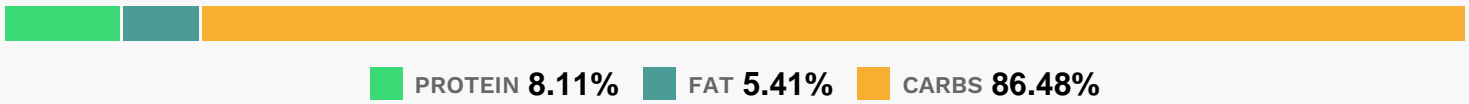
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ In large bowl, stir together milk, 1/2 cup granulated sugar, the yeast, lemon peel and vanilla.
- ☐ Let stand 5 minutes for yeast to dissolve.
- ☐ Add flour, salt, nutmeg, cinnamon and 1/2 cup ginger. With dough hook attachment, knead until dough no longer sticks to side of bowl and is elastic, about 5 minutes. Grease another large bowl with shortening or cooking spray.
- ☐ Place dough in bowl, turning dough to grease all sides. Cover loosely with plastic wrap; let rise in warm place about 1 hour 30 minutes or until dough has doubled in size.
- ☐ Grease bottom and sides of 13x9-inch pan with shortening or cooking spray. Gently push fist into dough to deflate. Divide dough into 15 equal pieces. Shape each piece into a ball; place in pan. Cover loosely with plastic wrap; let rise in warm place about 45 minutes or until dough has doubled in size.
- ☐ Heat oven to 350°F. Uncover pan.

- ☐
- Bake 40 to 45 minutes or until buns are golden brown and sound hollow when tapped.
- ☐
- In small saucepan, mix glaze ingredients. Cook over medium heat about 5 minutes, stirring occasionally, until sugar is dissolved and glaze is thick.
- ☐
- Brush glaze over warm buns. Cool about 30 minutes.
- ☐
- In small bowl, beat powdered sugar and 1 tablespoon lemon juice with whisk. Using spoon or decorating bag, pipe icing in cross shape on top of each bun.

Nutrition Facts



Properties

Glycemic Index:27.35, Glycemic Load:38.25, Inflammation Score:-4, Nutrition Score:8.34608694911%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 313.45kcal (15.67%), Fat: 1.88g (2.89%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 67.61g (22.54%), Net Carbohydrates: 66.14g (24.05%), Sugar: 31.28g (34.75%), Cholesterol: 4.88mg (1.63%), Sodium: 211.85mg (9.21%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 6.34g (12.67%), Vitamin B1: 0.43mg (28.59%), Selenium: 16.85µg (24.06%), Folate: 94.44µg (23.61%), Vitamin B2: 0.31mg (18.05%), Manganese: 0.34mg (17.1%), Vitamin B3: 2.95mg (14.76%), Iron: 2.21mg (12.29%), Phosphorus: 94.41mg (9.44%), Calcium: 59.25mg (5.92%), Fiber: 1.46g (5.85%), Vitamin B5: 0.41mg (4.08%), Magnesium: 15.91mg (3.98%), Copper: 0.07mg (3.68%), Vitamin B12: 0.22µg (3.66%), Zinc: 0.53mg (3.54%), Potassium: 120.4mg (3.44%), Vitamin D: 0.45µg (2.98%), Vitamin B6: 0.05mg (2.65%), Vitamin C: 1.89mg (2.29%), Vitamin A: 66.6IU (1.33%)