

Martha's Sugar Buns Are a Must-Make for a Special Breakfast Treat

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



348 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

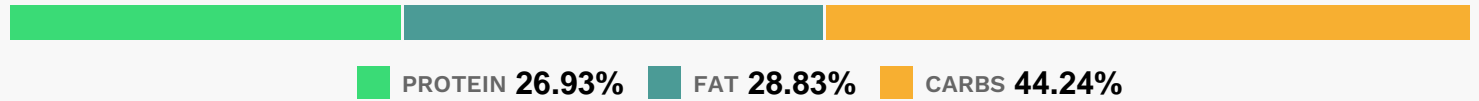
- 0.5 cup butter unsalted plus more for muffin tins room temperature (1 stick)
- 1 cup sugar
- 1.5 teaspoons ground cinnamon
- 0.3 teaspoon salt
- 1.8 pounds yeast room temperature

Equipment

Directions

- Cinnamon-Sugar Ragamuffins
- Cinnamon-Sugar Knots
- Jam-Filled Croustades
- Martha's Kouign Amann
- Swedish Cardamom Buns

Nutrition Facts



Properties

Glycemic Index:6.26, Glycemic Load:11.64, Inflammation Score:-10, Nutrition Score:33.496087224587%

Nutrients (% of daily need)

Calories: 347.58kcal (17.38%), Fat: 12.76g (19.63%), Saturated Fat: 5.52g (34.51%), Carbohydrates: 44.06g (14.69%), Net Carbohydrates: 26.13g (9.5%), Sugar: 16.64g (18.49%), Cholesterol: 20.34mg (6.78%), Sodium: 83.42mg (3.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.81g (53.63%), Vitamin B1: 7.28mg (485.13%), Folate: 1548.18µg (387.05%), Vitamin B2: 2.65mg (156.03%), Vitamin B3: 26.6mg (133%), Vitamin B5: 8.94mg (89.41%), Fiber: 17.93g (71.71%), Vitamin B6: 0.99mg (49.65%), Phosphorus: 423.8mg (42.38%), Zinc: 5.27mg (35.11%), Potassium: 635.41mg (18.15%), Copper: 0.29mg (14.6%), Manganese: 0.25mg (12.56%), Magnesium: 36.06mg (9.02%), Iron: 1.47mg (8.15%), Selenium: 5.43µg (7.75%), Vitamin A: 237.1IU (4.74%), Calcium: 24.82mg (2.48%), Vitamin E: 0.23mg (1.5%), Vitamin B12: 0.06µg (1.04%)