



Orange Hot Cross Buns

 Vegetarian

READY IN



210 min.

SERVINGS



3

CALORIES



1011 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 packages active yeast dry
- ☐ 0.3 cup butter cooled melted
- ☐ 0.5 cup candied orange peel chopped
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 cup currants dried
- ☐ 1 large egg plus 2 tbsp. egg beaten
- ☐ 3 cups flour
- ☐ 0.3 cup granulated sugar

- ☐ 2 teaspoons meyer lemon juice fresh
- ☐ 0.8 cup warm milk whole (100° to 110°)
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 2 teaspoons orange juice fresh
- ☐ 1 large orange zest shredded finely
- ☐ 1 cup powdered sugar
- ☐ 0.8 teaspoon salt

Equipment

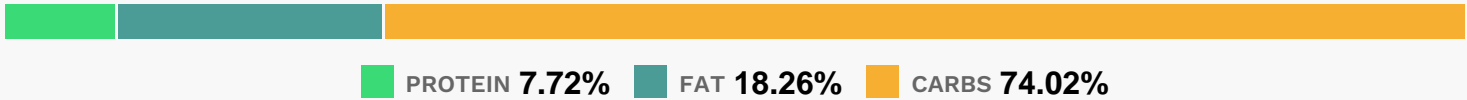
- ☐ bowl
- ☐ oven
- ☐ stand mixer
- ☐ ziploc bags

Directions

- ☐ In a bowl of a stand mixer, combine milk and yeast; let stand until yeast softens, 5 to 10 minutes.
- ☐ Add whole egg, granulated sugar, butter, salt, nutmeg, cinnamon, and orange zest. Beat on medium speed with dough hook until blended.
- ☐ Blend in 2 3/4 cups flour. Beat on medium speed until dough is smooth and stretchy, 10 to 12 minutes.
- ☐ Add just enough flour (about 1/4 cup) so dough is only slightly tacky.
- ☐ Add orange peel and currants, pick up dough, and mix with your hands to distribute fruit. Return dough to bowl, cover, and let rise in a warm place until doubled, about 1 1/4 hours.
- ☐ Punch down dough. With floured hands, shape into 16 smooth rounds. Evenly space rounds in 2 buttered 8- or 9-in. square pans.
- ☐ Cover loosely and let rise in a warm place until doubled and puffy, about 40 minutes. Meanwhile, preheat oven to 400
- ☐ Brush buns with beaten egg.
- ☐ Bake until deep golden, 13 to 15 minutes.

- ☐ Let cool in pans at least 30 minutes.
- ☐ In a small bowl, stir together juices and powdered sugar until smooth. Spoon into a small, heavy-gauge plastic bag, snip a hole in a corner, and squeeze icing onto buns to form large Xs.
- ☐ Heat 18 oz. thick-cut marmalade until bubbling, strain well, and substitute 1/4 cup of the syrup for the granulated sugar in step 1 and 1/2 cup orange pieces for the candied orange in step 2; add 1/4 cup extra flour in step

Nutrition Facts



Properties

Glycemic Index:128.36, Glycemic Load:84.23, Inflammation Score:-8, Nutrition Score:28.185651893201%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 1.04mg, Hesperetin: 1.04mg, Hesperetin: 1.04mg, Hesperetin: 1.04mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1010.59kcal (50.53%), Fat: 20.71g (31.86%), Saturated Fat: 11.72g (73.27%), Carbohydrates: 188.87g (62.96%), Net Carbohydrates: 182.63g (66.41%), Sugar: 87.33g (97.03%), Cholesterol: 109.99mg (36.66%), Sodium: 785.64mg (34.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.69g (39.39%), Vitamin B1: 1.57mg (104.44%), Folate: 351.09µg (87.77%), Selenium: 49.85µg (71.21%), Vitamin B2: 1mg (59.09%), Manganese: 1.03mg (51.55%), Vitamin B3: 9.6mg (48.01%), Iron: 6.58mg (36.58%), Phosphorus: 279.83mg (27.98%), Fiber: 6.25g (24.99%), Vitamin B5: 1.72mg (17.21%), Vitamin A: 702.71IU (14.05%), Calcium: 136.15mg (13.61%), Copper: 0.27mg (13.56%), Potassium: 429.7mg (12.28%), Zinc: 1.82mg (12.13%), Vitamin B6: 0.24mg (11.91%), Magnesium: 47.46mg (11.86%), Vitamin C: 9.66mg (11.71%), Vitamin B12: 0.51µg (8.55%), Vitamin D: 1µg (6.7%), Vitamin E: 0.77mg (5.11%), Vitamin K: 2.53µg (2.41%)