



Pull-Apart Hot Cross Buns

 Vegetarian

READY IN



120 min.

SERVINGS



12

CALORIES



395 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 1 teaspoon almond extract
- ☐ 0.5 cup butter melted
- ☐ 2.5 cups confectioners' sugar
- ☐ 0.3 cup cherries dried
- ☐ 0.3 cup cranberries dried
- ☐ 1 eggs
- ☐ 4.3 cups flour all-purpose

- ☐ 0.3 cup golden raisins
- ☐ 1 teaspoon ground cardamom
- ☐ 0.3 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water
- ☐ 0.5 cup sugar white

Equipment

- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ bread machine

Directions

- ☐ Sprinkle the yeast over the warm water and let stand until dissolved, about 5 minutes.
- ☐ Place the flour, salt, sugar, cardamom, 1 1/4 cups of milk, butter and egg into the bread machine.
- ☐ Pour the yeast mixture on top. Close the lid and set the machine for the Dough setting. If using raisins, dried cherries or dried cranberries, add them at the beep.
- ☐ When the dough has finished, divide into 12 portions and shape into balls.
- ☐ Place them into a greased 9x13 inch baking dish. Cover with plastic wrap and set aside to rise until doubled in size, about 45 minutes.
- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Remove the plastic wrap from the rolls.
- ☐ Bake in the preheated oven until golden brown, 20 to 25 minutes. Make frosting by whisking together the confectioners' sugar, 1/4 cup of milk and almond extract until smooth. When the buns are cool, drizzle frosting over them in a cross shape.

Nutrition Facts



 **PROTEIN 5.85%**  **FAT 19.76%**  **CARBS 74.39%**

Properties

Glycemic Index:24.56, Glycemic Load:31.65, Inflammation Score:-5, Nutrition Score:8.1417390127545%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 394.92kcal (19.75%), Fat: 8.74g (13.45%), Saturated Fat: 5.15g (32.21%), Carbohydrates: 74.04g (24.68%), Net Carbohydrates: 72.14g (26.23%), Sugar: 38.12g (42.36%), Cholesterol: 34.59mg (11.53%), Sodium: 119.37mg (5.19%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 5.82g (11.65%), Vitamin B1: 0.42mg (27.88%), Folate: 96.93µg (24.23%), Selenium: 16.61µg (23.73%), Manganese: 0.37mg (18.49%), Vitamin B2: 0.28mg (16.63%), Vitamin B3: 2.91mg (14.57%), Iron: 2.28mg (12.67%), Fiber: 1.89g (7.57%), Vitamin A: 354.05IU (7.08%), Phosphorus: 70.23mg (7.02%), Copper: 0.09mg (4.28%), Vitamin B5: 0.37mg (3.69%), Magnesium: 12.93mg (3.23%), Zinc: 0.46mg (3.08%), Potassium: 94.77mg (2.71%), Vitamin B6: 0.05mg (2.46%), Vitamin E: 0.34mg (2.29%), Calcium: 22.68mg (2.27%), Vitamin B12: 0.08µg (1.28%), Vitamin K: 1.12µg (1.07%)