



Pull-Apart Hot Cross Buns



Vegetarian



Popular

READY IN



120 min.

SERVINGS



12

CALORIES



370 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
- ☐ 1 eggs
- ☐ 4.3 cups flour all-purpose
- ☐ 1 teaspoon ground cardamom
- ☐ 0.3 cup milk

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water
- ☐ 0.5 cup sugar white

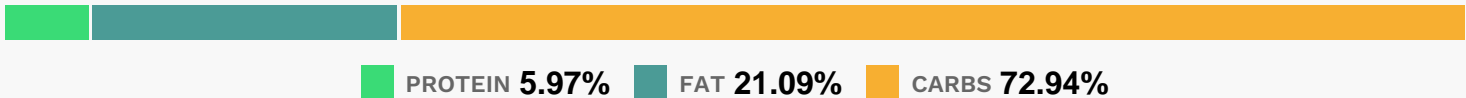
Equipment

- ☐ 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



Properties

Glycemic Index:19.84, Glycemic Load:30.35, Inflammation Score:-4, Nutrition Score:7.7169565030414%

Nutrients (% of daily need)

Calories: 369.99kcal (18.5%), Fat: 8.7g (13.38%), Saturated Fat: 5.15g (32.17%), Carbohydrates: 67.7g (22.57%), Net Carbohydrates: 66.3g (24.11%), Sugar: 33.19g (36.88%), Cholesterol: 34.59mg (11.53%), Sodium: 118.48mg (5.15%), Alcohol: 0.1g (100%), Alcohol %: 0.14% (100%), Protein: 5.54g (11.08%), Vitamin B1: 0.42mg (27.84%), Folate: 96.84µg (24.21%), Selenium: 16.57µg (23.67%), Manganese: 0.35mg (17.69%), Vitamin B2: 0.28mg (16.25%), Vitamin B3: 2.87mg (14.33%), Iron: 2.18mg (12.09%), Phosphorus: 66.56mg (6.66%), Fiber: 1.4g (5.6%), Vitamin A: 264.4IU (5.29%), Copper: 0.07mg (3.65%), Vitamin B5: 0.36mg (3.59%), Zinc: 0.45mg (3%), Magnesium: 11.77mg (2.94%), Potassium: 71mg (2.03%), Vitamin B6: 0.04mg (1.92%), Vitamin E: 0.29mg (1.91%), Calcium: 18.58mg (1.86%), Vitamin B12: 0.08µg (1.28%)