



## Pumpkin-Cinnamon Streusel Buns

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



226 kcal

BREAD

### Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 2.3 teaspoons yeast dry
- ☐ 2 tablespoons flour all-purpose
- ☐ 2.8 cups flour all-purpose divided
- ☐ 1 tablespoon granulated sugar
- ☐ 3 tablespoons granulated sugar

- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup milk 1% low-fat
- ☐ 0.8 cup powdered sugar sifted
- ☐ 0.5 cup pumpkin puree
- ☐ 1.3 teaspoons salt
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.3 cup warm water (100° to 110°)
- ☐ 1 tablespoon water hot

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

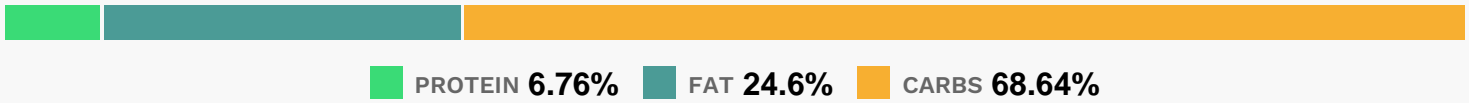
## Directions

- ☐ To prepare the buns, dissolve yeast in warm water in a large bowl; let stand for 5 minutes. Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Add 2 cups flour, pumpkin, and next 5 ingredients (pumpkin through nutmeg); beat with a mixer at medium speed until smooth. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of the remaining 3/4 cup flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- ☐ Place the dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, for 45 minutes or until doubled in size. (Press two

fingers into the dough. If an indentation remains, the dough has risen enough.)

- ☐ Combine 3 tablespoons granulated sugar, brown sugar, 2 tablespoons flour, and cinnamon in a small bowl.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Punch dough down; cover and let rest for 5 minutes.
- ☐ Roll the dough into a 12 x 10-inch rectangle on a floured surface.
- ☐ Sprinkle with brown sugar mixture.
- ☐ Roll up the rectangle tightly, starting with a long edge, pressing firmly to eliminate air pockets; pinch seam and ends to seal.
- ☐ Cut roll into 12 (1-inch) slices.
- ☐ Place slices in a 9-inch square baking pan coated with cooking spray. Cover and let rise 25 minutes or until doubled in size.
- ☐ Preheat oven to 37
- ☐ Bake the rolls at 375 for 20 minutes or until golden brown. Cool for 15 minutes in pan on a wire rack.
- ☐ To prepare the glaze, combine the powdered sugar, 1 tablespoon water, and vanilla extract in a small bowl, stirring with a whisk until smooth.
- ☐ Drizzle glaze over buns.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:38.77, Glycemic Load:19.31, Inflammation Score:-8, Nutrition Score:7.3152173291082%

## Nutrients (% of daily need)

Calories: 226.11kcal (11.31%), Fat: 6.22g (9.57%), Saturated Fat: 3.76g (23.53%), Carbohydrates: 39.04g (13.01%), Net Carbohydrates: 37.64g (13.69%), Sugar: 15.17g (16.86%), Cholesterol: 15.68mg (5.23%), Sodium: 294.27mg (12.79%), Alcohol: 0.03g (100%), Alcohol %: 0.05% (100%), Protein: 3.84g (7.69%), Vitamin A: 1785.27IU (35.71%), Vitamin B1: 0.31mg (20.5%), Folate: 70.07µg (17.52%), Selenium: 10.61µg (15.16%), Manganese: 0.27mg (13.46%), Vitamin B2: 0.2mg (11.48%), Vitamin B3: 2.06mg (10.29%), Iron: 1.6mg (8.86%), Fiber: 1.4g (5.61%), Phosphorus: 51.77mg (5.18%),

Copper: 0.06mg (3.07%), Vitamin B5: 0.3mg (2.99%), Magnesium: 11.14mg (2.78%), Calcium: 26.93mg (2.69%), Potassium: 81.54mg (2.33%), Zinc: 0.33mg (2.2%), Vitamin K: 2.31µg (2.2%), Vitamin E: 0.3mg (1.99%), Vitamin B6: 0.04mg (1.77%), Vitamin B12: 0.07µg (1.21%)