



Shortcut Cinnamon Buns

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon cinnamon
- 3.5 tablespoons powdered sugar
- 1 large eggs
- 1.3 cups flour all-purpose
- 3 tablespoons granulated sugar
- 0.3 cup milk
- 0.3 teaspoon salt

- 2 tablespoons butter unsalted cold
- 1 teaspoon water

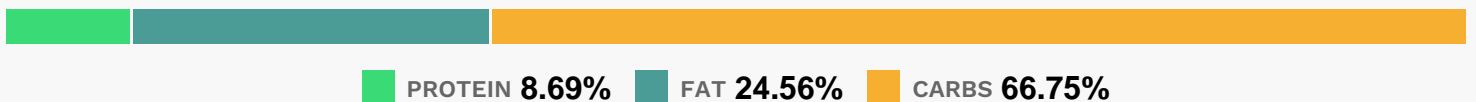
Equipment

- bowl
- baking sheet
- oven
- whisk
- blender

Directions

- Preheat oven to 375°F. In a small bowl stir together 2 tablespoons granulated sugar and cinnamon. Into a large bowl sift together flour, remaining tablespoon granulated sugar, baking powder, and salt.
- Cut butter into small pieces and with your fingertips or a pastry blender blend into flour mixture until mixture resembles coarse meal. In another small bowl whisk together egg and 3 tablespoons milk and add to flour mixture, stirring until just combined.
- Transfer mixture to a lightly floured surface and gently knead, 3 or 4 times, until it forms a dough. Pat dough into a 10- by 6-inch rectangle (about 1/2 inch thick).
- Brush dough with some remaining milk and sprinkle evenly with cinnamon sugar. Beginning with a short side, roll up rectangle to form a 6-inch log and cut crosswise into 4 pieces. Arrange pieces on a baking sheet, cut sides up, with seams touching.
- Bake buns in middle of oven until pale golden and cooked through, about 18 minutes.
- In another small bowl stir together confectioners' sugar and water until smooth and drizzle over warm buns.

Nutrition Facts



Properties

Glycemic Index:70.02, Glycemic Load:28.63, Inflammation Score:-4, Nutrition Score:8.3939129821956%

Nutrients (% of daily need)

Calories: 283.58kcal (14.18%), Fat: 7.77g (11.96%), Saturated Fat: 4.33g (27.08%), Carbohydrates: 47.52g (15.84%), Net Carbohydrates: 46.2g (16.8%), Sugar: 16.73g (18.59%), Cholesterol: 63.38mg (21.13%), Sodium: 382.78mg (16.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.38%), Selenium: 17.56µg (25.08%), Vitamin B1: 0.32mg (21.38%), Folate: 77.6µg (19.4%), Manganese: 0.36mg (17.97%), Vitamin B2: 0.28mg (16.28%), Calcium: 156.11mg (15.61%), Phosphorus: 128.16mg (12.82%), Iron: 2.3mg (12.8%), Vitamin B3: 2.34mg (11.71%), Vitamin A: 268.61IU (5.37%), Fiber: 1.32g (5.3%), Vitamin B5: 0.43mg (4.29%), Vitamin D: 0.52µg (3.49%), Copper: 0.07mg (3.49%), Vitamin B12: 0.21µg (3.43%), Zinc: 0.51mg (3.43%), Magnesium: 12.92mg (3.23%), Potassium: 86.51mg (2.47%), Vitamin B6: 0.05mg (2.44%), Vitamin E: 0.34mg (2.24%)