

Spanish Buns

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



202 kcal

BREAD

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 4 large eggs
- ☐ 3 cups flour all-purpose divided
- ☐ 1 teaspoon ground nutmeg whole freshly grated
- ☐ 1 cup warm milk 1% low-fat 100° to 110°
- ☐ 1 tablespoon powdered sugar
- ☐ 1 teaspoon salt
- ☐ 0.8 cup sugar

- ☐ 2 teaspoons vanilla extract
- ☐ 2.3 teaspoons quick-rise yeast

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks
- ☐ wooden spoon
- ☐ measuring cup

Directions

- ☐ Lightly spoon the flour into dry measuring cups; level with a knife.
- ☐ Combine 2 cups flour, sugar, salt, nutmeg, and yeast in a large bowl.
- ☐ Add the milk and butter, stirring with a wooden spoon until smooth.
- ☐ Add the eggs, 1 at a time, beating well after each addition. Stir in vanilla.
- ☐ Add 1 cup flour, stirring until smooth.
- ☐ Scrape batter into a 13 x 9-inch baking pan coated with cooking spray. Coat dough with cooking spray. Cover and let rise in a warm place (85), free from drafts, 1 hour or until dough is doubled in size (batter should become bubbly on the surface).
- ☐ Preheat oven to 35
- ☐ Bake at 350 for 30 minutes or until golden brown and a toothpick inserted in center comes out clean. Cool in pan on a wire rack.
- ☐ Sprinkle with powdered sugar.
- ☐ Cut in squares.

Nutrition Facts



 PROTEIN **9.42%**  FAT **33.18%**  CARBS **57.4%**

Properties

Glycemic Index:16.57, Glycemic Load:19.51, Inflammation Score:-4, Nutrition Score:5.6208695462378%

Nutrients (% of daily need)

Calories: 201.95kcal (10.1%), Fat: 7.42g (11.42%), Saturated Fat: 4.19g (26.21%), Carbohydrates: 28.89g (9.63%), Net Carbohydrates: 28.11g (10.22%), Sugar: 10.79g (11.99%), Cholesterol: 62.49mg (20.83%), Sodium: 215.32mg (9.36%), Alcohol: 0.17g (100%), Alcohol %: 0.32% (100%), Protein: 4.74g (9.48%), Selenium: 12.26µg (17.51%), Vitamin B1: 0.25mg (16.42%), Folate: 59.61µg (14.9%), Vitamin B2: 0.22mg (12.7%), Manganese: 0.17mg (8.53%), Vitamin B3: 1.59mg (7.96%), Iron: 1.33mg (7.38%), Phosphorus: 70.04mg (7%), Vitamin A: 273.81IU (5.48%), Vitamin B5: 0.41mg (4.15%), Vitamin B12: 0.21µg (3.56%), Calcium: 31.41mg (3.14%), Fiber: 0.78g (3.11%), Zinc: 0.43mg (2.9%), Vitamin D: 0.41µg (2.75%), Vitamin B6: 0.05mg (2.38%), Copper: 0.05mg (2.36%), Magnesium: 9.1mg (2.27%), Vitamin E: 0.31mg (2.09%), Potassium: 73.07mg (2.09%)