



Sunday Brunch: Cinnamon Buns

 Vegetarian

READY IN



155 min.

SERVINGS



4

CALORIES



1066 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cups brown sugar divided
- ☐ 4 tablespoons butter melted
- ☐ 3 teaspoons yeast dry
- ☐ 2 eggs
- ☐ 4 cups flour
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.5 cup milk
- ☐ 0.3 cup sugar

- ☐ 1 cup walnut pieces divided chopped
- ☐ 0.5 cup water

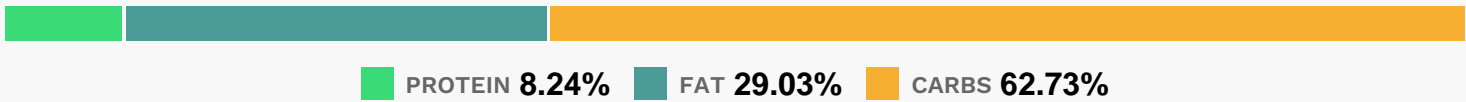
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Combine yeast, water and sugar in a small bowl and allow to proof (become bubbly). In a large bowl, combine proofed yeast mixture, milk, butter, eggs, and sugar until well combined.
- ☐ Add flour 1/2 cup at a time, while mixing, until soft dough is formed.
- ☐ Place dough in a greased bowl and let rest in a warm place for 1 – 1 1/2 hours.
- ☐ Combine 3/4 cup brown sugar and melted butter and mix until well combined.
- ☐ Pour into bottom of pyrex dish, and sprinkle with 1/4 cup chopped walnuts.
- ☐ Roll out dough to 18x14 inch rectangle, and brush with 4 tablespoons butter.
- ☐ Sprinkle with remaining 1/4 cup sugar, 3/4 cup chopped walnuts, and cinnamon.
- ☐ Roll up jelly-roll style and slice into 12 pieces.
- ☐ Place rolls in pyrex dish and allow to rise in a warm place, about 1 hour.
- ☐ Preheat oven to 375°.
- ☐ Brush top of buns with leftover butter and sprinkle with turbinado sugar (if desired).
- ☐ Bake until tops of buns are golden brown, about 40 minutes.
- ☐ Remove from oven and let sit 4 minutes. Invert onto a large platter and scrape any remaining sugar and nuts over the top.
- ☐ Serve warm with hot tea and coffee.

Nutrition Facts



Properties

Glycemic Index:64.52, Glycemic Load:78.72, Inflammation Score:-9, Nutrition Score:31.070435039375%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg

Nutrients (% of daily need)

Calories: 1066.08kcal (53.3%), Fat: 34.96g (53.79%), Saturated Fat: 10.47g (65.43%), Carbohydrates: 169.96g (56.65%), Net Carbohydrates: 162.94g (59.25%), Sugar: 68.53g (76.14%), Cholesterol: 115.6mg (38.53%), Sodium: 154.33mg (6.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.34g (44.68%), Manganese: 2.25mg (112.54%), Vitamin B1: 1.36mg (90.98%), Folate: 323.44µg (80.86%), Selenium: 52.26µg (74.66%), Vitamin B2: 0.91mg (53.25%), Vitamin B3: 8.79mg (43.94%), Iron: 7.65mg (42.52%), Copper: 0.71mg (35.48%), Phosphorus: 332.27mg (33.23%), Fiber: 7.02g (28.1%), Magnesium: 88mg (22%), Calcium: 168.01mg (16.8%), Vitamin B6: 0.33mg (16.46%), Zinc: 2.44mg (16.29%), Vitamin B5: 1.58mg (15.75%), Potassium: 446.52mg (12.76%), Vitamin A: 529.82IU (10.6%), Vitamin B12: 0.39µg (6.43%), Vitamin E: 0.9mg (5.98%), Vitamin D: 0.78µg (5.17%), Vitamin K: 2.94µg (2.8%)