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Crumby Buns ^{••}

Crumby Buns are a delicious and fluffy treat that can be enjoyed for breakfast, brunch, or as a snack. These buns have a rich history and are often consumed with coffee or tea. They are made with a combination of flour, sugar, butter, yeast, and milk, which gives them their soft texture and crumbly crust. The preparation time for these buns is 30 minutes, and they need to be baked for 20 minutes. The total time required to make Crumby Buns is 50 minutes. This recipe yields 12 buns, with each bun weighing approximately 100 grams. The serving size is one bun. Enjoy these Crumby Buns with your favorite spreads or fillings!

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 20 mins

Total Time: 50 mins

Recipe Yield: 1200 grams

Number of Servings: 12

Serving Size: 100 g

Ingredients

500 g	Flour
50 g	sugar

50 g	butter
10 g	yeast
250 ml	Milk

Directions

Step 1

Mixing

In a large mixing bowl, combine the flour, sugar, and yeast.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

Add the butter and milk to the dry ingredients. Mix until a dough forms.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Kneading

Knead the dough on a floured surface for about 5 minutes, until smooth and elastic.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Resting

Place the dough in a greased bowl, cover with a clean towel, and let it rise in a warm place for 1 hour, or until doubled in size.

Prep Time: 60 mins

Cook Time: 0 mins

Step 5

Shaping

Punch down the dough and divide it into 12 equal pieces. Shape each piece into a bun and place them on a baking sheet.

Prep Time: 10 mins

Cook Time: 0 mins

Step 6

Resting

Cover the buns with a clean towel and let them rise for another 30 minutes.

Prep Time: 30 mins

Cook Time: 0 mins

Step 7

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Baking

Bake the buns in the preheated oven for 20 minutes, or until golden brown.

Prep Time: 0 mins

Cook Time: 20 mins

Step 9

Cooling

Remove the buns from the oven and let them cool on a wire rack before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 7 g

Protein: 4 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	1 g	2.63%	4%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	7 g	25%	28%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	60 mg	1.76%	2.31%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	4 mcg	7.27%	7.27%

Recipe Attributes

Seasonality

Spring Summer

Events

Christmas Picnic

Meal Type

Breakfast Brunch Snack Supper

Course

Breads Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter
Halloween

Difficulty Level

Medium

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