



gozney.com

Cinnamon Buns

We were treated to another incredible recipe by Richard Bertinet when he came down to see us again at Gozney HQ.

🕒 Prep: 20min

Ingredients

24 servings

200g Full Fat Milk	2 eggs medium	600g strong white bread flour
25g fresh yeast	50g caster sugar	10g salt
200g unsalted butter	150g unsalted butter	250g soft brown sugar
2 tsp cinnamon	1 egg	2 Tbsp full fat milk
100g caster sugar	100g water	

Instructions

View on gozney.com:





Nutrition per serving

Health Score **2.8**/10 Low

Percent Daily Values based on a 2,000 calorie diet.

Calories	14%	273.78kcal	Total Fat	19%	13.1g	Carbs	14%	35.46g
Sugars	19%	16.92g	Protein	8%	4.23g	Sodium	9%	178.37mg
Fiber	3%	0.8g	Saturated Fat	39%	7.78g	Trans Fat		0g
Monounsaturated Fat		3.73g	Polyunsaturated Fat		0.74g	Cholesterol	18%	52.97mg
Calcium	4%	33.33mg	Magnesium	3%	9.84mg	Potassium	2%	71.71mg
Iron	10%	1.33mg	Zinc	4%	0.45mg	Phosphorus	7%	52.4mg
Vitamin A	15%	121.66mcg	Vitamin C	0%	0.01mg	Thiamin B1	21%	0.23mg
Riboflavin B2	13%	0.18mg	Niacin B3	13%	2.05mg	Vitamin B6	2%	0.03mg
Folic Acid B9	42%	83.32mcg	Vitamin B12	5%	0.13mcg	Vitamin D	4%	0.22mcg
Vitamin E	4%	0.51mg	Vitamin K	2%	1.21mcg			

Rating

66 Saves · 3 Notes 4 liked

My notes

What would I change next time?

