

# Swedish Cinnamon Buns (Kanelbullar)

Yield: 16 min  
Total Time: 175 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-cinnamon-rolls-recipe-uk>

## Ingredients:

- 2/3 tablespoon active dry yeast
- 1 cup milk warm
- 5 1/4 tablespoons unsalted butter room temperature and cut into small cubes
- 5 3/8 tablespoons sugar
- 1/2 teaspoon salt
- 1 teaspoon cardamom powdered
- 3 1/4 cups bread flour or all-purpose flour
- 7 tablespoons unsalted butter room temperature and cut into small cubes
- 5 1/3 tablespoons white sugar
- 5 tablespoons brown sugar
- 1 tablespoon canela powdered
- 1 egg beaten
- 3 tablespoons pearl sugar

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 40 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 6 grams
8. Sodium: 95 milligrams
9. Sugar: 14 grams

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