

# Kanelboller / Norwegian Cinnamon Rolls

Yield: 10 min  
Total Time: 65 min

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

## Ingredients:

- 2 cups flour plus 1- 2 T
- 1/4 cup sugar
- 1 teaspoon ground cardamom
- 3 1/2 tablespoons margarine
- 7 tablespoons soy milk
- 1 1/8 teaspoons instant dry yeast
- 2 tablespoons margarine
- 2 tablespoons sugar
- 1 teaspoon canela
- 1/2 teaspoon ground cardamom

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 28 grams
3. Fat: 7 grams
4. Fiber: 1 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 55 milligrams
8. Sugar: 8 grams
9. TransFat: 1 grams

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