

Gingerbread Swedish Buns

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-buns-recipe>

Ingredients:

- 1 cup water warm to touch
- 2 1/4 teaspoons active dry yeast
- 6 tablespoons unsalted butter melted & cooled
- 6 tablespoons light brown sugar
- 3 large eggs lightly beaten
- 1 teaspoon fine salt
- 1/4 cup whole milk plus more for topping
- 1 teaspoon pure vanilla extract
- 1 tablespoon gingerbread spice see notes
- 5 1/2 cups all purpose flour bob's red mill's
- sparkling sugar bob's red mill's white, for topping
- 1/4 cup unsalted butter room temperature
- 1/2 cup light brown sugar packed
- 2 teaspoons gingerbread spice see notes
- 1 tablespoon ground ginger
- 1 tablespoon ground cinnamon
- 1 teaspoon ground allspice
- 1 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cardamom
- 1/8 teaspoon ground black pepper

Nutrition:

1. Calories: 1160 calories
2. Carbohydrate: 186 grams
3. Cholesterol: 235 milligrams
4. Fat: 36 grams
5. Fiber: 8 grams
6. Protein: 24 grams

7. SaturatedFat: 20 grams
 8. Sodium: 680 milligrams
 9. Sugar: 48 grams
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