

# Swedish Cardamom Buns

Yield: 8 min  
Total Time: 90 min

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

## Ingredients:

- 2 7/8 cups flour
- 1 cup milk
- 1 tablespoon active dry yeast
- 7 tablespoons butter unsalted
- 9/16 cup brown sugar
- 1 tablespoon cardamom ground
- 1 pinch salt
- 1 tablespoon cardamom ground
- 7 tablespoons butter unsalted
- 9/16 cup brown sugar
- 1 egg beaten with some water
- 1 tablespoon granulated sugar

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 85 milligrams
4. Fat: 22 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 13 grams
8. Sodium: 220 milligrams
9. Sugar: 23 grams

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