

Swedish Cinnamon Buns

Yield: 24 min
Total Time: 65 min

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

Ingredients:

- 1 11/16 cups milk
- 7 3/4 tablespoons butter
- 9/16 tablespoon dried yeast sachets of
- 15/16 cup caster sugar
- 6 cups plain flour
- 1/2 teaspoon salt
- 2 teaspoons ground cardamom
- 4 tablespoons pearl sugar demerara sugar will work too
- 1 egg beaten
- 7 3/4 tablespoons butter soft
- 7 1/4 tablespoons sugar
- 2 tablespoons canela

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 30 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 5 grams
7. SaturatedFat: 5 grams
8. Sodium: 120 milligrams
9. Sugar: 11 grams

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