

Semlor - Swedish Cream Buns

Yield: 9 min
Total Time: 120 min

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

Ingredients:

- 2 3/8 cups all purpose flour sieved
- 2/3 cup milk
- 1 1/4 tablespoons fresh yeast
- 4 tablespoons sugar
- 2 teaspoons ground cardamom according to your liking
- 2 1/8 tablespoons butter melted
- 1 small egg
- 1 pinch salt
- 5 1/4 ounces lingonberry preserve
- 7/8 cup whipping cream
- 2 tablespoons vanilla sugar
- 1/2 cup milk sweetened with some sugar, for brushing

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 50 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 5 grams
8. Sodium: 90 milligrams
9. Sugar: 9 grams

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