

The joy of Fika – Swedish Kardemummabullar

Yield: 18 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/joy-of-cooking-recipe-for-indian-pudding>

Ingredients:

- 1 cup milk
- 1 envelope dry active yeast
- 6 5/8 tablespoons brown sugar
- 3 3/8 cups flour
- 1 teaspoon cardamom seeds
- 1/4 teaspoon salt
- 4 15/16 tablespoons butter
- 4 1/4 tablespoons butter optional
- 3 5/16 tablespoons brown sugar optional
- 1 1/2 teaspoons cardamom seeds optional
- 2 3/4 tablespoons brown sugar
- 1 teaspoon cardamom seeds

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 15 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 4 grams
8. Sodium: 90 milligrams
9. Sugar: 7 grams

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