

Kanelbullar - Swedish cinnamon rolls

Yield: 18 min
Total Time: 85 min

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

Ingredients:

- 1 cup whole milk
- 1 envelope active dry yeast
- 1/3 cup light brown sugar
- 2 5/8 ounces unsalted butter at room temperature, cubed
- 3 1/3 cups bread flour
- 1 teaspoon ground cardamom
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 ounces unsalted butter softened
- caster sugar or 50g | 1/4 cup light brown
- 2 tablespoons ground cinnamon
- 1/2 teaspoon ground cardamom optional
- 1 egg lightly beaten with 1tbsp milk
- sugar pearl, or sliced almonds

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 30 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 4 grams
8. Sodium: 80 milligrams
9. Sugar: 7 grams

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