

Swedish Finnish Semla Buns

Yield: 6 min
Total Time: 30 min

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

Ingredients:

- 1 3/4 cups bread flour
- 1/4 cup milk
- 1 egg
- 2 tablespoons honey
- 2 teaspoons dried yeast instant
- 1 1/2 teaspoons ground cardamom
- 30 grams butter cubed
- 1/2 teaspoon fine salt
- Egg wash
- glaze
- 1 cup jam
- cream 400ml/14flozs.
- 2 tablespoons vanilla sugar
- icing sugar to sprinkle

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 80 grams
3. Cholesterol: 85 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 310 milligrams
9. Sugar: 38 grams

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