

Swedish Lent Buns (Semlor)

Yield: 4 min
Total Time: 105 min

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

Ingredients:

- 1 cup milk warm
- 2 1/4 teaspoons active dry yeast
- 1 1/2 teaspoons cardamom
- 1/2 cup sugar
- 1/2 teaspoon salt
- 4 cups all-purpose flour
- 1 egg
- 6 tablespoons unsalted butter room temperature, cut into small cubes
- 1 egg for egg wash optional
- 1 3/4 cups almonds blanched
- 1 cup sugar
- 6 3/4 tablespoons milk
- 2 1/8 cups cream
- 3 tablespoons icing sugar

Nutrition:

1. Calories: 1680 calories
2. Carbohydrate: 203 grams
3. Cholesterol: 260 milligrams
4. Fat: 83 grams
5. Fiber: 12 grams
6. Protein: 39 grams
7. SaturatedFat: 33 grams
8. Sodium: 460 milligrams
9. Sugar: 89 grams

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