

# Shrove Tuesday Buns

Yield: 16 min  
Total Time: 105 min

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

## Ingredients:

- 7/8 cup milk
- 2 1/16 tablespoons yeast
- 3 tablespoons sugar
- 1 egg
- 7 tablespoons butter
- 1/2 teaspoon salt
- 1 teaspoon cardamom
- 2 9/16 cups flour
- 1 egg for coating buns

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 40 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 135 milligrams
9. Sugar: 3 grams

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