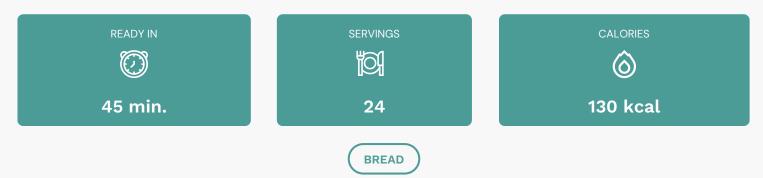


Cardamom-Lime Sweet Rolls

ዀ Vegetarian



Ingredients

- 0.5 cup brown sugar packed
- 0.3 cup butter melted
- 2 tablespoons butter divided melted
- 2.3 teaspoons yeast dry
- 1 large eggs lightly beaten
- 10.5 ounces flour all-purpose divided
- 0.3 cup granulated sugar
- 0.5 teaspoon ground cardamom

3 tablespoons juice of lime fresh
1 tablespoon lime zest grated
0.5 cup cream sour reduced-fat
1 cup powdered sugar
0.8 teaspoon salt
1 teaspoon vanilla extract
0.3 cup water (100° to 110°)

Equipment

bowl
frying pan
oven
knife
wire rack
baking pan
measuring cup

Directions

To prepare dough, dissolve yeast in warm water in a small bowl; let stand 5 minutes.

Combine sour cream and next 5 ingredients (through egg) in a large bowl, stirring until well blended. Gradually stir yeast mixture into sour cream mixture. Lightly spoon 2 1/3 cups flour into dry measuring cups; level with a knife.

Add 2 cups flour to sour cream mixture, stirring to form a soft dough.

Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel slightly tacky).

Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)

Nutrition Facts		
	Drizzle glaze over warm rolls.	
	To prepare glaze, combine powdered sugar and juice, stirring until smooth.	
	Bake at 350 for 25 minutes or until lightly browned. Cool in pan 5 minutes on a wire rack.	
	Uncover dough.	
	Preheat oven to 35	
	Place slices, cut sides up, in a 13 x 9inch baking pan coated with cooking spray. Cover and let rise 30 minutes or until doubled in size.	
	Cut each roll into 12 (1-inch) slices.	
	Sprinkle half of filling over dough. Beginning with a long side, roll up jelly-roll fashion; pinch seam to seal (do not seal ends of roll). Repeat procedure with remaining dough, 1 tablespoon butter, and filling.	
	To prepare filling, combine brown sugar, rind, and cardamom. Divide dough into two equal portions. Working with 1 portion at a time, roll dough into a 12 x 10inch rectangle; brush with 1 tablespoon butter.	

PROTEIN 5.75% 📕 FAT 25.65% 📒 CARBS 68.6%

Properties

Glycemic Index:11.75, Glycemic Load:8.79, Inflammation Score:-2, Nutrition Score:2.6356521572756%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Quercetin: 0.01mg, Quercetin: 0.01mg,

Nutrients (% of daily need)

Calories: 129.62kcal (6.48%), Fat: 3.73g (5.73%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 22.43g (7.48%), Net Carbohydrates: 21.99g (8%), Sugar: 12.22g (13.58%), Cholesterol: 17.02mg (5.67%), Sodium: 104.31mg (4.54%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 1.88g (3.76%), Vitamin B1: 0.13mg (8.87%), Folate: 31.39µg (7.85%), Selenium: 5.16µg (7.37%), Vitamin B2: 0.09mg (5.38%), Manganese: 0.1mg (5.1%), Vitamin B3: 0.87mg (4.33%), Iron: 0.67mg (3.72%), Phosphorus: 24.2mg (2.42%), Vitamin A: 116.28IU (2.33%), Fiber: 0.44g (1.76%), Calcium: 15.24mg (1.52%), Vitamin B5: 0.14mg (1.38%), Copper: 0.03mg (1.27%), Zinc: 0.17mg (1.14%), Potassium: 39.37mg (1.12%), Magnesium: 4.41mg (1.1%)