



## Cardamom-Lime Sweet Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



130 kcal

BREAD

### 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.)

- 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.
- 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.
- Cut each roll into 12 (1-inch) slices.
- 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.
- Preheat oven to 35
- Uncover dough.
- Bake at 350 for 25 minutes or until lightly browned. Cool in pan 5 minutes on a wire rack.
- To prepare glaze, combine powdered sugar and juice, stirring until smooth.
- Drizzle glaze over warm rolls.

## Nutrition Facts



### 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, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, 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%)