



## Cardamom Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



322 kcal

BREAD

### Ingredients

- 2 packages active yeast dry
- 2 large eggs
- 4.5 cups flour plus more for kneading
- 0.5 cup granulated sugar
- 4 teaspoons ground cardamom
- 0.5 cup brown sugar light packed
- 0.8 cup milk
- 0.8 cup powdered sugar

- 1 teaspoon salt
- 1 cup butter unsalted plus more for buttering pans

## Equipment

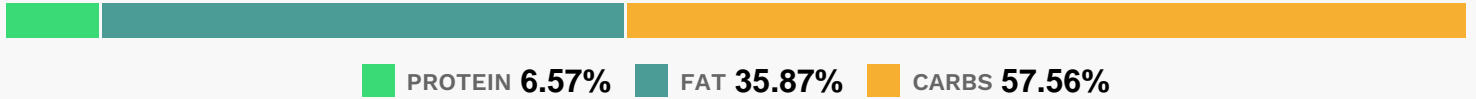
- bowl
- frying pan
- oven
- whisk
- blender
- plastic wrap
- toothpicks

## Directions

- In a large bowl, dissolve yeast in 1/2 cup warm water (about 110).
- Let sit until foamy bubbles form on surface, about 5 minutes. Meanwhile, melt 1/2 cup butter in a pan over low heat and let cool just until warm.
- Let remaining 1/2 cup butter soften in a warm place until spreadable.
- To the yeast, add melted butter, granulated sugar, eggs, 1/2 cup milk, 4 1/2 cups flour, and salt. Stir or mix in a standing mixer with a dough hook until smooth, 5 minutes. Cover and let rise in a warm place until doubled in bulk, about 1 hour.
- Butter two 9-in. cake pans. When dough has doubled, punch it down and turn it out onto a lightly floured surface.
- Roll dough into a 2-ft. square, spread with softened butter, and sprinkle with brown sugar and cardamom.
- Roll dough into a log, pinching the seam to seal.
- Cut log into 16 pieces and arrange, cut sides up, in a single layer in cake pans. Cover with plastic wrap and chill overnight.
- Preheat oven to 35
- Remove plastic wrap from rolls and bake until golden brown and a toothpick inserted in the center comes out clean, about 30 minutes.

- Let cool in pan 10 minutes.
- Whisk together 1/4 cup milk and 1/2 cup powdered sugar in a small bowl.
- Remove rolls from pans and drizzle with half of this thin glaze.
- Add remaining 1/4 cup powdered sugar to remaining glaze and drizzle over rolls.
- Serve warm.

## Nutrition Facts



### Properties

Glycemic Index:11.76, Glycemic Load:23.99, Inflammation Score:-4, Nutrition Score:7.7686956758085%

### Nutrients (% of daily need)

Calories: 321.96kcal (16.1%), Fat: 12.93g (19.9%), Saturated Fat: 7.76g (48.52%), Carbohydrates: 46.7g (15.57%), Net Carbohydrates: 45.38g (16.5%), Sugar: 19.08g (21.2%), Cholesterol: 55.13mg (18.38%), Sodium: 163.46mg (7.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.66%), Vitamin B1: 0.38mg (25.52%), Folate: 88.24µg (22.06%), Selenium: 14.42µg (20.6%), Manganese: 0.39mg (19.53%), Vitamin B2: 0.26mg (15.35%), Vitamin B3: 2.46mg (12.32%), Iron: 1.89mg (10.49%), Vitamin A: 406.82IU (8.14%), Phosphorus: 72.04mg (7.2%), Fiber: 1.32g (5.3%), Vitamin B5: 0.44mg (4.35%), Calcium: 34.34mg (3.43%), Copper: 0.07mg (3.37%), Zinc: 0.5mg (3.31%), Magnesium: 12.38mg (3.1%), Vitamin D: 0.46µg (3.09%), Vitamin E: 0.42mg (2.81%), Potassium: 90.17mg (2.58%), Vitamin B6: 0.05mg (2.53%), Vitamin B12: 0.14µg (2.37%), Vitamin K: 1.16µg (1.1%)