



## Cardamom whirls

 Vegetarian

READY IN



150 min.

SERVINGS



20

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 500 g strong bread flour white for dusting
- ☐ 85 g butter cut into small pieces
- ☐ 7 g sachet easy-blend yeast dried
- ☐ 50 g golden caster sugar
- ☐ 1 tsp ground cardamom
- ☐ 250 ml milk
- ☐ 175 g marzipan white grated
- ☐ 2 tsp ground cardamom

- ☐ 50 g butter melted
- ☐ 1 eggs lightly beaten
- ☐ 10 small coarsely sugar cubes

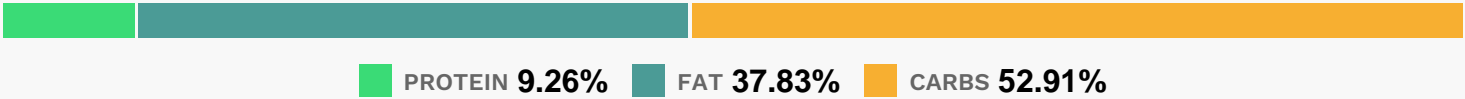
## Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ kitchen towels

## Directions

- ☐ Tip the flour and tsp salt into a food processor fitted with a dough blade.
- ☐ Add the butter and process until the mixture resembles fine breadcrumbs. Stir in the yeast, then the sugar and cardamom.
- ☐ Warm the milk until it is hand hot, then add to the dry mix to form a soft dough. Process the dough for 2 mins, then leave in the machine to rise for about 1 hr until it springs back when pressed with a finger. Process the dough briefly in the machine, then tip out onto a lightly floured surface.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ Line 2 baking sheets with baking paper. For the filling, mix the marzipan with the cardamom and butter.
- ☐ Roll out sthe dough to a 50 x 20cm rectangle.
- ☐ Spread the filling over the dough to within 1cm of the edges.
- ☐ Roll up the dough from one long edge.
- ☐ Cut into 20 slices, about 3cm thick, then transfer to the baking sheets, cut sides up. Cover with a tea towel and leave to rise for 30–40 mins until well risen.
- ☐ Brush the whirls with beaten egg and sprinkle with broken sugar.
- ☐ Bake for 12–15 mins until risen and golden. Best eaten freshly baked, or freeze on the day of baking for up to a month.

# Nutrition Facts



## Properties

Glycemic Index:14.25, Glycemic Load:13.38, Inflammation Score:-2, Nutrition Score:4.7634782642126%

## Nutrients (% of daily need)

Calories: 210.54kcal (10.53%), Fat: 8.88g (13.67%), Saturated Fat: 4.03g (25.18%), Carbohydrates: 27.96g (9.32%), Net Carbohydrates: 26.92g (9.79%), Sugar: 8.63g (9.59%), Cholesterol: 24.24mg (8.08%), Sodium: 55.77mg (2.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.78%), Manganese: 0.42mg (20.86%), Selenium: 11.07µg (15.81%), Vitamin E: 1.34mg (8.91%), Phosphorus: 67.11mg (6.71%), Folate: 22.95µg (5.74%), Magnesium: 21.55mg (5.39%), Vitamin B2: 0.09mg (5.33%), Vitamin B1: 0.08mg (5.14%), Copper: 0.09mg (4.53%), Fiber: 1.04g (4.16%), Vitamin A: 203.04IU (4.06%), Vitamin B3: 0.71mg (3.57%), Zinc: 0.48mg (3.21%), Calcium: 30.97mg (3.1%), Iron: 0.5mg (2.77%), Vitamin B5: 0.28mg (2.76%), Potassium: 82.68mg (2.36%), Vitamin B12: 0.1µg (1.68%), Vitamin B6: 0.03mg (1.58%), Vitamin D: 0.19µg (1.24%)