



Grandma Georgie's Cardamom Rolls

 Vegetarian

READY IN



185 min.

SERVINGS



28

CALORIES



222 kcal

BREAD

Ingredients

- ☐ 0.8 ounce active yeast dry
- ☐ 1 cup butter
- ☐ 2 eggs slightly beaten
- ☐ 7 cups flour all-purpose
- ☐ 2 teaspoons ground cardamom
- ☐ 1 tablespoon salt
- ☐ 1 teaspoon vegetable oil
- ☐ 1.8 cups water boiling

☐ 1.5 cups sugar white

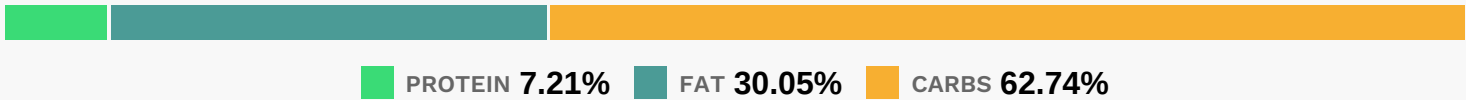
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Cut the butter up into chunks, and place in a large mixing bowl.
- ☐ Pour the boiling water over the butter, and stir in the sugar, salt, and cardamom. Stir the mixture until the butter is melted and the sugar is dissolved, and let it cool down to about 105 degrees F/41 degrees C.
- ☐ Beat the yeast, eggs, and flour into the butter-sugar mixture to make a runny dough, lightly oil the top of the dough, and cover with a cloth.
- ☐ Let rise in a warm place until doubled in size, about 1 1/2 hours.
- ☐ Lightly grease a baking sheet, and set aside.
- ☐ Punch down the dough, and knead until soft and springy, about 12 minutes. Form the dough into golf ball-sized rolls, and place them about 2 inches apart on the prepared baking sheet.
- ☐ Let the rolls rise until double, about 1 hour.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Bake the rolls in the preheated oven until the bottoms are browned and the tops are lightly golden, 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:7.15, Glycemic Load:24.74, Inflammation Score:-3, Nutrition Score:5.8039129586971%

Nutrients (% of daily need)

Calories: 221.96kcal (11.1%), Fat: 7.44g (11.45%), Saturated Fat: 4.35g (27.17%), Carbohydrates: 34.96g (11.65%), Net Carbohydrates: 33.87g (12.32%), Sugar: 10.79g (11.99%), Cholesterol: 29.12mg (9.71%), Sodium: 307.63mg (13.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.03%), Vitamin B1: 0.33mg (22.05%), Folate: 76.68µg (19.17%), Selenium: 11.76µg (16.81%), Manganese: 0.26mg (12.87%), Vitamin B2: 0.2mg (12.01%), Vitamin B3: 2.16mg (10.79%), Iron: 1.55mg (8.61%), Phosphorus: 47.01mg (4.7%), Vitamin A: 219.57IU (4.39%), Fiber: 1.09g (4.35%), Vitamin B5: 0.3mg (2.96%), Copper: 0.05mg (2.72%), Zinc: 0.34mg (2.27%), Magnesium: 8.31mg (2.08%), Vitamin E: 0.25mg (1.69%), Vitamin B6: 0.03mg (1.55%), Potassium: 48.84mg (1.4%)