



Quick Cardamom Rolls

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



63 kcal

Ingredients

- ☐ 0.3 cup milk
- ☐ 1 eggs
- ☐ 2 tablespoons butter softened
- ☐ 0.3 cup granulated sugar
- ☐ 2 teaspoons ground cardamom
- ☐ 0.3 cup powdered sugar
- ☐ 1 teaspoon water
- ☐ 2.5 cups frangelico

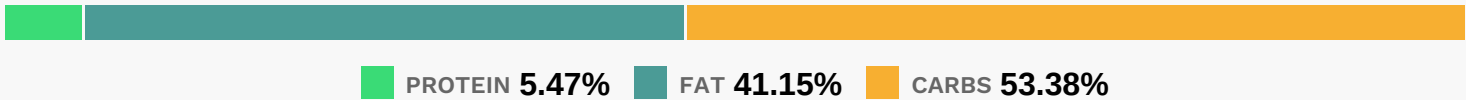
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ kitchen scissors

Directions

- ☐ Heat oven to 400°F.
- ☐ Mix Bisquick, milk and egg until soft dough forms.
- ☐ Place dough onto surface lightly sprinkled with Bisquick; gently roll in Bisquick to coat. Knead gently just until smooth.
- ☐ Pat or roll dough into rectangle, 10x8 inches.
- ☐ Spread with butter.
- ☐ Mix granulated sugar and cardamom; sprinkle over dough.
- ☐ Roll up tightly, beginning at 10-inch side. Pinch edge of dough into roll to seal.
- ☐ Place sealed side down on ungreased cookie sheet.
- ☐ Cut roll at 1-inch intervals almost through to bottom, using scissors.
- ☐ Bake about 20 minutes or until light brown.
- ☐ Mix powdered sugar and warm water until spreadable; spread over warm rolls.

Nutrition Facts



Properties

Glycemic Index:11.31, Glycemic Load:3.64, Inflammation Score:-1, Nutrition Score:1.1330434786885%

Nutrients (% of daily need)

Calories: 63.47kcal (3.17%), Fat: 2.98g (4.58%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 8.57g (3.12%), Sugar: 8.33g (9.26%), Cholesterol: 17.34mg (5.78%), Sodium: 35.95mg (1.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Manganese: 0.11mg (5.69%), Vitamin A: 137.09IU (2.74%), Selenium: 1.55µg (2.22%), Vitamin B2: 0.03mg (2.04%), Phosphorus: 18.28mg (1.83%), Calcium: 14.94mg (1.49%), Vitamin B12: 0.09µg (1.43%), Vitamin D: 0.18µg (1.18%)