

Swedish Kringla

 Vegetarian

READY IN



315 min.

SERVINGS



42

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 4 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 0.5 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 4 egg yolk
- ☐ 0.8 teaspoon salt
- ☐ 8 oz cream sour

- ☐ 1.5 cups sugar
- ☐ 5.3 cups unbleached flour
- ☐ 1 teaspoon vanilla

Equipment

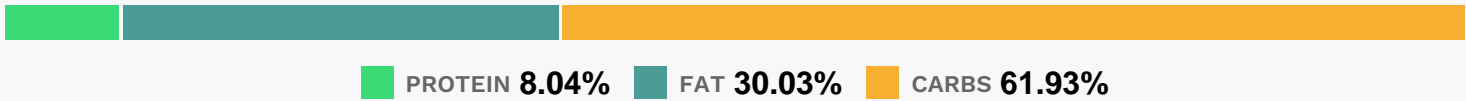
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ measuring cup

Directions

- ☐ In large bowl, combine sugar and butter; beat until light and fluffy.
- ☐ Add buttermilk, sour cream, almond extract, vanilla and egg yolks; beat well.
- ☐ Lightly spoon flour into measuring cup; level off.
- ☐ Add 4 cups flour and all remaining ingredients; mix well. With wooden spoon, stir in remaining 1 1/3 cups flour. Cover dough with plastic wrap; refrigerate at least 4 hours or overnight for easier handling.
- ☐ Heat oven to 425°F. Lightly grease cookie sheets or spray with nonstick cooking spray. Shape dough into 1 1/2-inch balls. On floured surface, roll each ball into 10-inch-long rope; shape into figure eight (

☐ or pretzel shape.
- ☐ Place on greased cookie sheets.
- ☐ Bake at 425°F. for 6 to 9 minutes or until edges are light golden brown. Immediately remove from cookie sheets.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:12.63, Inflammation Score:-1, Nutrition Score:2.1565217620329%

Nutrients (% of daily need)

Calories: 124.68kcal (6.23%), Fat: 4.17g (6.41%), Saturated Fat: 2.25g (14.03%), Carbohydrates: 19.35g (6.45%), Net Carbohydrates: 18.97g (6.9%), Sugar: 7.68g (8.53%), Cholesterol: 28.14mg (9.38%), Sodium: 147.27mg (6.4%), Alcohol: 0.07g (100%), Alcohol %: 0.21% (100%), Protein: 2.51g (5.02%), Selenium: 7.74µg (11.06%), Manganese: 0.13mg (6.42%), Phosphorus: 40.05mg (4.01%), Calcium: 39.77mg (3.98%), Vitamin A: 135.64IU (2.71%), Vitamin B2: 0.04mg (2.35%), Folate: 8.43µg (2.11%), Copper: 0.03mg (1.67%), Vitamin B5: 0.16mg (1.64%), Fiber: 0.38g (1.53%), Zinc: 0.22mg (1.45%), Iron: 0.24mg (1.34%), Magnesium: 5.35mg (1.34%), Vitamin B1: 0.02mg (1.31%), Vitamin E: 0.19mg (1.3%), Vitamin B12: 0.08µg (1.26%), Vitamin D: 0.17µg (1.11%)