

Jan 25 Keto Chinese Steamed Buns (Bao/Mantou)

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-bakery-hot-dog-recipe>

Ingredients:

- 1/4 cup monkfruit sweetener like Lakanto
- 2 1/2 cups almond flour
- 2 cups whey protein powder unflavored
- 1 tablespoon xanthan gum
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 cup warm water
- 3 tablespoons neutral oil like avocado, canola, grapeseed, or vegetable
- sesame oil
- sausage optional
- hot dogs optional
- hot dogs optional
- meat optional
- sausage optional

Nutrition:

1. Calories: 910 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 70 milligrams
4. Fat: 72 grams
5. Fiber: 10 grams
6. Protein: 46 grams
7. SaturatedFat: 12 grams
8. Sodium: 1490 milligrams
9. Sugar: 4 grams

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