

# Pineapple Bun—Bolo Bao

Yield: 8 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-bolo-bao-recipe>

## Ingredients:

- liquid for brushing
- 2 3/16 cups bread flour
- 3 5/8 tablespoons granulated sugar
- 1/8 tablespoon salt
- 1 teaspoon instant yeast
- 7/8 tablespoon liquid
- 5/8 cup milk
- 1 3/4 tablespoons unsalted butter
- 3/4 cup cake flour
- 5 1/4 tablespoons unsalted butter
- 1/2 cup powdered sugar
- 1 2/3 tablespoons liquid
- 1 1/4 tablespoons milk powder

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 30 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. SaturatedFat: 7 grams
8. Sodium: 170 milligrams
9. Sugar: 15 grams

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