

# Chinese Steamed Buns

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-chinese-steamed-buns-recipe>

## Ingredients:

- 2 3/8 cups all purpose flour + 2 tbsp. more for dusting
- 1/2 teaspoon instant yeast
- 2 tablespoons sugar optional
- 1/2 cup water or 20ml more if needed
- 1 pinch salt around 1.5% of the dough

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 63 grams
3. Fat: 1 grams
4. Fiber: 2 grams
5. Protein: 8 grams
6. Sodium: 75 milligrams
7. Sugar: 6 grams

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