

Youtiao (Chinese Crullers)

Yield: 4 min
Total Time: 183 min

Recipe from: <https://www.recipeschoose.com/recipes/crispy-chinese-crullers-recipe>

Ingredients:

- 1 tablespoon flour
- 1 teaspoon sugar
- 2 tablespoons lukewarm water
- 1 teaspoon yeast
- 1 cup water
- 2 1/4 cups flour high grade
- 1 teaspoon baking soda
- 1/4 teaspoon ammonium bicarbonate
- 1/2 teaspoon alum
- 2 teaspoons salt

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 56 grams
3. Fat: 1 grams
4. Fiber: 2 grams
5. Protein: 8 grams
6. Sodium: 1500 milligrams
7. Sugar: 1 grams

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