

# Chinese Steamed Buns (Mantou)

Yield: 8 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-man-tou-recipe>

## Ingredients:

- 1 1/2 cups all purpose flour
- 1 teaspoon dry active yeast
- 1/4 cup warm water maybe more
- 2 tablespoons vegetable oil
- 2 1/2 tablespoons sugar

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 22 grams
3. Fat: 3.5 grams
4. Fiber: 1 grams
5. Protein: 3 grams
6. Sugar: 4 grams

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