

# Mantou (Chinese Steamed Bun)

Yield: 8 min  
Total Time: 135 min

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

## Ingredients:

- 3 1/4 cups all-purpose flour
- 1 teaspoon instant yeast
- 2 tablespoons lukewarm water
- 7/8 cup milk or water +/- 10ml
- 1/2 teaspoon baking powder
- 1 tablespoon cooking oil
- 3 1/4 tablespoons sugar
- 1/3 teaspoon salt
- 1/8 teaspoon baking soda optional

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 5 milligrams
4. Fat: 3 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. Sodium: 170 milligrams
8. Sugar: 7 grams

---

Thank you for visiting our website. Hope you enjoy Mantou (Chinese Steamed Bun) above. You can see more 17 traditional chinese steamed bun recipe They're simply irresistible! to get more great cooking ideas.