

Chinese Purple Sweet Potato Buns

Yield: 4 min
Total Time: 105 min

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

Ingredients:

- oil for brushing
- 1 5/8 cups all purpose flour
- 1 teaspoon instant yeast
- 1 tablespoon sugar optional
- 5 5/8 tablespoons water
- 1 5/8 cups all purpose flour
- 1 teaspoon instant yeast
- 1 tablespoon sugar
- 5 5/8 tablespoons water
- 1 purple sweet potato middle sized

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 89 grams
3. Fat: 6 grams
4. Fiber: 4 grams
5. Protein: 11 grams
6. Sodium: 25 milligrams
7. Sugar: 8 grams

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