

# Pineapple Bolo Bao

Yield: 4 min  
Total Time: 80 min

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

## Ingredients:

- 1/4 cup nonfat milk powder
- 1 1/4 cups flour
- 1/2 teaspoon baking soda
- 1/4 cup butter
- 1 egg yolk
- 1/4 teaspoon baking powder
- 3/4 cup powdered sugar
- 2 tablespoons milk
- 2/3 cup heavy cream
- 1 cup milk
- 1 egg
- 1/4 cup sugar
- 1/2 cup cake flour
- 3 1/2 cups all purpose flour
- 1 package yeast instand
- 1 1/2 teaspoons salt
- 1 can pineapples sliced, in rings

## Nutrition:

1. Calories: 1130 calories
2. Carbohydrate: 177 grams
3. Cholesterol: 210 milligrams
4. Fat: 35 grams
5. Fiber: 6 grams
6. Protein: 26 grams
7. SaturatedFat: 20 grams
8. Sodium: 1270 milligrams
9. Sugar: 47 grams

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