

Homemade Hamburger Buns

Yield: 10 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-hamburger-buns-recipe>

Ingredients:

- 2 1/4 teaspoons active yeast
- 3 1/2 cups all purpose flour divided
- 1 cup warm water 105° F/41° C
- 1 large egg
- 3 tablespoons butter melted
- 2 tablespoons white sugar
- 1 teaspoon salt
- vegetable oil for brushing bowl and dough
- 1 egg
- 1 tablespoon milk
- 1 teaspoon sesame seeds or other bun topping as needed

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 50 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 280 milligrams
9. Sugar: 3 grams

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