

# Japanese Milk Bread Rolls

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-milk-bread-recipe-tangzong>

## Ingredients:

- 2 1/2 cups bread flour
- 1/2 teaspoon salt
- 3 tablespoons sugar
- 2 teaspoons instant yeast
- 1 large egg
- 1/2 cup fat free milk or low fat milk
- 120 grams tangzhong see note
- 3 tablespoons unsalted butter cut into small pieces, softened to room temperature
- 1 large egg whisked, for shiny egg wash finish

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 130 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 15 grams
7. SaturatedFat: 6 grams
8. Sodium: 350 milligrams
9. Sugar: 11 grams

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