

# Japanese Milk Buns

Yield: 4 min  
Total Time: 75 min

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

## Ingredients:

- 2 tablespoons bread flour
- 2 tablespoons water
- 4 tablespoons whole milk
- 1/2 cup whole milk @ 95f, 30c
- 1 tablespoon instant yeast
- 2 1/2 cups bread flour
- 1 teaspoon fine sea salt
- 2 1/2 tablespoons granulated sugar
- 1 whole egg
- 1 egg yolk
- 3 tablespoons unsalted butter softened
- 1 whole egg
- whole milk splash of

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 185 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 16 grams
7. SaturatedFat: 8 grams
8. Sodium: 650 milligrams
9. Sugar: 10 grams

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