

Japanese Kabocha Bread

Yield: 4 min
Total Time: 120 min

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

Ingredients:

- 2 cups flour Baker's
- 2 tablespoons pumpkin mashed Kabocha
- 1 1/4 tablespoons sugar
- 1 teaspoon yeast
- 1 egg yolk
- 5/8 cup milk
- 1 3/8 tablespoons butter
- 1/3 teaspoon salt
- 8 pumpkin seeds used for the stems
- 3 1/4 tablespoons pumpkin mashed
- 1 3/4 ounces purple sweet potato mashed
- 2 3/8 tablespoons sugar

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 65 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 10 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 260 milligrams
9. Sugar: 14 grams

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