

# Traditional Mexican Bolillos Easy

Yield: 8 min  
Total Time: 259 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-bolillos-recipe>

## Ingredients:

- 3 1/2 cups bread flour approx 500 gr
- 2 teaspoons salt approx 15 gr
- 2 teaspoons active yeast approx 7 gr
- 1 1/3 cups lukewarm water approx 300 ml
- 1 teaspoon sugar
- oil your choice to grease bowl

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 45 grams
3. Fat: 4 grams
4. Fiber: 1 grams
5. Protein: 8 grams
6. Sodium: 590 milligrams
7. Sugar: 1 grams

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