



Baked Hoisin Chicken Buns

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



1209 kcal

Ingredients

- ☐ 9 roll dough pieces white frozen thawed (such as Rich's)
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup green onions finely chopped
- ☐ 1.5 tablespoons hoisin sauce
- ☐ 1 tablespoon oyster sauce
- ☐ 2 teaspoons rice vinegar
- ☐ 1 teaspoon sesame seed toasted
- ☐ 12 ounces chicken thighs boneless skinless

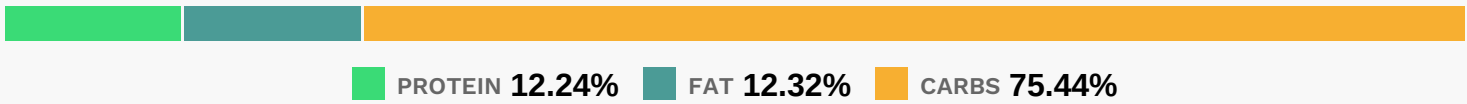
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat a nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken; cook 4 minutes on each side or until done. Cool slightly; shred meat with 2 forks.
- ☐ Place chicken in a medium bowl.
- ☐ Add green onions, hoisin sauce, oyster sauce, and vinegar; toss well to combine.
- ☐ Roll each dough piece into a 4-inch circle on a lightly floured surface. Spoon about 2 tablespoons chicken mixture into center of each dough circle. Gather edges of dough over filling; pinch to seal.
- ☐ Place the filled dough, seam sides down, on a baking sheet coated with cooking spray. Lightly coat filled dough with cooking spray. Cover and let rise 20 minutes.
- ☐ Preheat oven to 37
- ☐ Uncover filled dough. Gently brush with egg; discard remaining egg.
- ☐ Sprinkle evenly with sesame seeds.
- ☐ Bake at 375 for 15 minutes or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.05, Inflammation Score:1, Nutrition Score:5.6017390852389%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 1208.55kcal (60.43%), Fat: 15.48g (23.81%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 213.33g (71.11%), Net Carbohydrates: 204.37g (74.32%), Sugar: 0.81g (0.9%), Cholesterol: 56.66mg (18.89%), Sodium: 2256.22mg (98.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.6g (69.2%), Fiber: 8.95g (35.82%), Selenium: 10.48µg (14.98%), Vitamin B3: 2.2mg (11%), Vitamin B6: 0.18mg (9.15%), Phosphorus: 85.61mg (8.56%), Vitamin K: 6.88µg (6.55%), Vitamin B2: 0.1mg (6.08%), Vitamin B5: 0.54mg (5.43%), Vitamin B12: 0.3µg (4.99%), Zinc: 0.68mg (4.56%), Potassium: 113.26mg (3.24%), Magnesium: 11.43mg (2.86%), Iron: 0.5mg (2.8%), Vitamin B1: 0.04mg (2.66%), Copper: 0.04mg (2.15%), Folate: 7.03µg (1.76%), Vitamin A: 66.95IU (1.34%), Manganese: 0.03mg (1.3%), Calcium: 12.24mg (1.22%)