



Curried Chicken Buns

 Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



160 kcal

BREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 pound chicken thighs
- ☐ 1 tablespoon cornstarch
- ☐ 2 teaspoons curry powder
- ☐ 0.5 cup cooking sherry dry
- ☐ 1 package yeast dry
- ☐ 2 cups flour all-purpose
- ☐ 1 garlic clove crushed

- ☐ 2 teaspoons gingerroot minced peeled
- ☐ 14 servings cabbage leaves green steamed
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 teaspoons vegetable oil
- ☐ 0.3 cup warm water 105° to 115°
- ☐ 0.5 cup water

Equipment

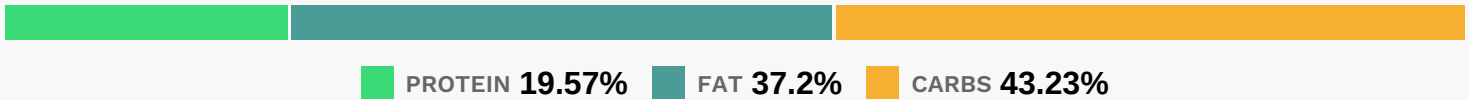
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Dissolve yeast and sugar in 1/3 cup warm water in a small bowl; let stand 5 minutes.
- ☐ Place flour and 1/2 teaspoon salt in a food processor; pulse 2 times or until blended. With processor on, slowly add yeast mixture and 2 teaspoons oil through food chute; process until dough leaves sides of bowl and forms a ball.
- ☐ Turn the dough out onto a lightly floured surface.
- ☐ Sprinkle baking powder over surface of dough, and knead lightly (about 2 minutes).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Combine sherry, 1/2 cup water, and chicken in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until chicken is done.
- ☐ Remove chicken from cooking liquid, and let cool. Set aside 1/2 cup cooking liquid, and let cool completely. Discard remaining cooking liquid.

- ☐ Remove chicken from bones, and shred chicken.
- ☐ Combine 1/2 cup cooking liquid and cornstarch; stir well, and set aside.
- ☐ Heat 2 teaspoons oil in a medium nonstick skillet over medium heat.
- ☐ Add onion; saut 3 minutes or until tender. Stir in curry powder, gingerroot, and garlic; cook 30 seconds.
- ☐ Add cornstarch mixture; bring to a boil, and cook for 1 minute, stirring constantly.
- ☐ Remove from heat; stir in shredded chicken and 1/2 teaspoon salt. Set aside.
- ☐ Punch dough down, and turn out onto a lightly floured surface. Divide dough into 14 equal portions. Working with 1 portion at a time (cover remaining portions to keep dough from drying out), roll each portion into a 4-inch circle. Spoon about 1 1/2 tablespoons of chicken mixture onto center of each circle. Bring edges of dough to center, pinching edges together to seal and form a bundle. Cover and let rise 45 minutes or until puffy (dough will not double in size).
- ☐ Line a bamboo steamer with steamed cabbage leaves.
- ☐ Place buns, seam sides down, 1/2 inch apart in steamer; cover with steamer lid.
- ☐ Add water to a large skillet to a depth of 1 inch; bring to a boil.
- ☐ Place steamer in skillet, and steam buns 15 minutes.
- ☐ Remove buns from steamer.
- ☐ Note: To bake buns, preheat oven to 35
- ☐ Place buns, seam sides down, on a baking sheet coated with cooking spray.
- ☐ Combine 1 egg and 1 tablespoon water; brush over buns.
- ☐ Bake at 350 for 18 minutes. Baking will give the buns a crustier texture; steaming makes the dough moister and a little sticky.

Nutrition Facts



Properties

Glycemic Index:25.79, Glycemic Load:10.72, Inflammation Score:-2, Nutrition Score:5.7308695407017%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 159.84kcal (7.99%), Fat: 6.29g (9.68%), Saturated Fat: 1.59g (9.95%), Carbohydrates: 16.44g (5.48%), Net Carbohydrates: 15.61g (5.68%), Sugar: 1.26g (1.4%), Cholesterol: 31.75mg (10.58%), Sodium: 140.63mg (6.11%), Alcohol: 0.88g (100%), Alcohol %: 1.34% (100%), Protein: 7.45g (14.89%), Selenium: 12.3µg (17.57%), Vitamin B1: 0.22mg (14.92%), Vitamin B3: 2.79mg (13.97%), Folate: 47.79µg (11.95%), Vitamin B2: 0.16mg (9.15%), Phosphorus: 84.91mg (8.49%), Manganese: 0.16mg (8.25%), Vitamin B6: 0.15mg (7.32%), Iron: 1.22mg (6.78%), Vitamin B5: 0.49mg (4.89%), Zinc: 0.61mg (4.06%), Vitamin B12: 0.21µg (3.46%), Fiber: 0.84g (3.35%), Magnesium: 13.05mg (3.26%), Potassium: 113.67mg (3.25%), Calcium: 27.36mg (2.74%), Copper: 0.05mg (2.68%), Vitamin K: 2.69µg (2.57%), Vitamin E: 0.2mg (1.32%)