

Nikuman (Baozi)

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



588 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 tablespoons cooking oil
- ☐ 8 servings egg whites
- ☐ 18 ounces flour
- ☐ 1 tablespoon ginger grated
- ☐ 2 teaspoons granulated sugar
- ☐ 3.5 ounces granulated sugar
- ☐ 4 ounces ground pork

- ☐ 1 tablespoons sauce
- ☐ 8 servings mushrooms chopped
- ☐ 2 tablespoons oyster sauce
- ☐ 0.5 pepper
- ☐ 11 ounces pork belly thinly sliced roughly chopped
- ☐ 2 tablespoons potato flour
- ☐ 8 servings you will also need: parchment paper cut into 5
- ☐ 5 spring onion white minced
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water
- ☐ 1 tablespoons frangelico
- ☐ 1 tablespoons frangelico

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ knife
- ☐ pot
- ☐ plastic wrap
- ☐ stand mixer
- ☐ steamer basket

Directions

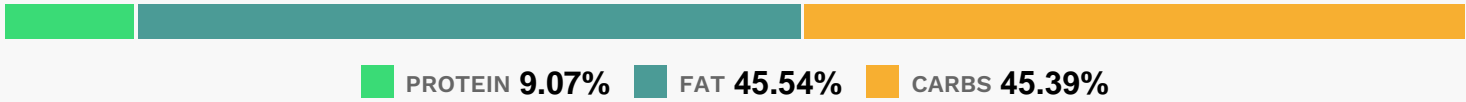
- ☐ Mix the flour, sugar, yeast, and baking powder together in the bowl of a stand mixer, then add the water and oil and combine. When the ingredients are combined, affix the bowl to a mixer fitted with a dough hook and knead until the dough is elastic and shiny. You can also knead the dough by hand if you don't have a mixer. Form the dough into a ball and put it in a bowl and cover with plastic wrap.
- ☐ Place the bowl in a warm place and let the dough rise until its doubled in size (about 1 hour). While you're waiting for the dough to rise, make the filling. Sauté the onions and

scallions with the sesame oil over medium heat until translucent, but not browned. Set them aside to cool. In a bowl, combine the pork belly, ground pork, shiitake mushrooms, ginger, oyster sauce, soy sauce, sake, sugar, black pepper, cornstarch and egg white and knead well with your hands (gloves are advisable), add the cooled onions and continue kneading until the meat is shiny and well combined. Punch down the dough and roll it into a log.

- ☐
- Cut the log into 8 even pieces and form each piece into a ball. Space the balls apart on a baking sheet and cover with a damp towel to keep them from drying out.

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Nutrition Facts



Properties

Glycemic Index:52.27, Glycemic Load:44.91, Inflammation Score:-5, Nutrition Score:14.756086987403%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 587.54kcal (29.38%), Fat: 29.55g (45.46%), Saturated Fat: 9.41g (58.8%), Carbohydrates: 66.28g (22.09%), Net Carbohydrates: 64.17g (23.33%), Sugar: 14.27g (15.85%), Cholesterol: 38.36mg (12.79%), Sodium: 258.01mg (11.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.24g (26.47%), Vitamin B1: 0.77mg

(51.62%), Selenium: 29.16µg (41.66%), Vitamin B3: 6.47mg (32.33%), Folate: 124.98µg (31.24%), Vitamin B2: 0.47mg (27.68%), Manganese: 0.48mg (23.85%), Vitamin K: 23.32µg (22.21%), Iron: 3.57mg (19.86%), Phosphorus: 161.57mg (16.16%), Fiber: 2.11g (8.45%), Zinc: 1.22mg (8.14%), Vitamin B6: 0.16mg (7.83%), Vitamin B12: 0.45µg (7.44%), Copper: 0.15mg (7.44%), Calcium: 67.72mg (6.77%), Potassium: 234.71mg (6.71%), Magnesium: 22.65mg (5.66%), Vitamin E: 0.82mg (5.49%), Vitamin B5: 0.51mg (5.09%), Vitamin C: 1.77mg (2.15%), Vitamin A: 80.15IU (1.6%)