



## Steamed Pork Buns (Char Siu Bao)

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 teaspoon five-spice powder
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 3 tablespoons canola oil
- ☐ 2.3 teaspoons yeast dry
- ☐ 14.7 ounces flour all-purpose
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 1 teaspoon garlic minced
- ☐ 1 cup green onions thinly sliced

- ☐ 3 tablespoons hoisin sauce
- ☐ 1.5 teaspoons honey
- ☐ 1 pound pork tenderloin trimmed
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 1 cup warm water (100° to 110°)

## Equipment

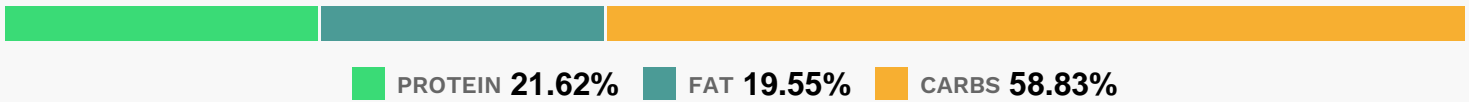
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ kitchen thermometer
- ☐ measuring cup
- ☐ grill pan

## Directions

- ☐ To prepare the filling, rub five-spice powder evenly over pork.
- ☐ Heat a grill pan over medium-high heat. Coat the pan with cooking spray.
- ☐ Add pork to pan; cook 18 minutes or until a thermometer registers 155, turning pork occasionally.
- ☐ Remove pork from pan, and let stand 15 minutes.
- ☐ Cut pork crosswise into thin slices; cut slices into thin strips.
- ☐ Place pork in a medium bowl.
- ☐ Add onions and next 7 ingredients (through 1/4 teaspoon salt); stir well to combine. Cover and refrigerate.
- ☐ To prepare dough, combine 1 cup warm water, sugar, and yeast in a large bowl; let stand 5 minutes.

- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add flour, oil, and 1/4 teaspoon salt to yeast mixture; stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 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 size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- ☐ Punch dough down; let rest 5 minutes. Turn dough out onto a clean surface; knead in baking powder.
- ☐ Let dough rest 5 minutes.
- ☐ Divide dough into 10 equal portions, forming each into a ball. Working with one dough ball at a time (cover remaining dough balls to keep from drying), roll ball into a 5-inch circle.
- ☐ Place 1/4 cup filling in center of dough circle. Bring up sides to cover filling and meet on top. Pinch and seal closed with a twist. Repeat procedure with remaining dough balls and filling.
- ☐ Arrange 5 buns seam side down, 1 inch apart, in each tier of a 2-tiered bamboo steamer. Stack tiers; cover with lid.
- ☐ Add water to a large skillet to a depth of 1 inch; bring to a boil over medium-high heat.
- ☐ Place steamer in pan; steam 15 minutes or until puffed and set. Cool 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:42.14, Glycemic Load:26.26, Inflammation Score:-5, Nutrition Score:14.558261078337%

## Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

## Nutrients (% of daily need)

Calories: 274.09kcal (13.7%), Fat: 5.88g (9.04%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 39.81g (13.27%), Net Carbohydrates: 38.05g (13.84%), Sugar: 6.13g (6.81%), Cholesterol: 29.63mg (9.88%), Sodium: 285.36mg (12.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.63g (29.26%), Vitamin B1: 0.86mg (57.58%), Selenium: 28.38µg (40.54%), Vitamin B3: 5.91mg (29.53%), Folate: 100.75µg (25.19%), Vitamin B2: 0.41mg (24.29%), Vitamin

K: 23.85µg (22.72%), Vitamin B6: 0.4mg (19.92%), Phosphorus: 184.3mg (18.43%), Manganese: 0.34mg (17.03%), Iron: 2.76mg (15.34%), Zinc: 1.29mg (8.61%), Potassium: 276.83mg (7.91%), Fiber: 1.76g (7.04%), Vitamin B5: 0.68mg (6.81%), Magnesium: 26.98mg (6.75%), Copper: 0.13mg (6.34%), Vitamin E: 0.94mg (6.24%), Calcium: 56.09mg (5.61%), Vitamin B12: 0.23µg (3.86%), Vitamin C: 2.05mg (2.49%), Vitamin A: 100.64IU (2.01%)