



Wholemeal Steam Bun

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tbsp double-acting baking powder
- 1 tbsp yeast dry
- 400 g flour sifted (Note*)
- 0.5 teaspoon salt
- 3 tbsp shortening
- 1 tablespoon sugar
- 250 g water
- 100 g flour

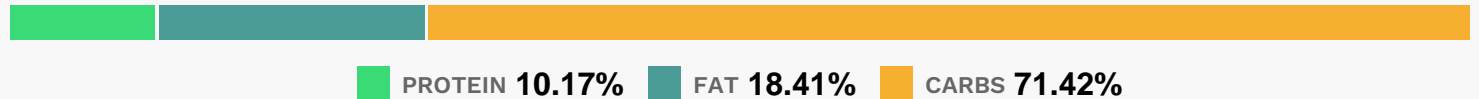
Equipment

- frying pan

Directions

- Mix all the ingredients A together and knead into smooth and elastic dough.2.Cover with a piece of wet cloth and leave to prove until double its size.3.Sift B top of the dough and knead well to distribute the baking powder until the dough is smooth again.4.Cover and allow dough to rest for 15 minutes before shaping.Meat Fillings :boiled eggs (shelled and cut into)Marinade for meat : 30 minutes
- Shredded chicken/pork2 tbsp. BBQ saucewater
- Heat oil in a pan adds in marinated meat and stirs fry till aromatic, adds in some water and cooks for 5 minutes until soft. Taste and dish up and leave to cool and chill in the fridge for 3 hours.2.Divide dough 12 portions and shape balls.3.Flatten, roll into a round shape and add 1 tbsp of filling and pleat the top into a Pau/Bun.4.Line Pau/Bun with a piece of white paper and let it prove again for another 15 minutes.5.Steam Pau/Bun with high heat for about 15 minutes or until the Pau/Bun is cooked.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:14.82, Glycemic Load:14.52, Inflammation Score:-2, Nutrition Score:5.6817391304348%

Taste

Sweetness: 40.66%, Saltiness: 52.71%, Sourness: 22.32%, Bitterness: 61.73%, Savoriness: 8.25%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 137.56kcal (6.88%), Fat: 2.82g (4.34%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 23.22g (8.44%), Sugar: 0.84g (0.94%), Cholesterol: 0mg (0%), Sodium: 153.81mg (6.69%), Protein: 3.51g (7.02%), Manganese: 0.43mg (21.29%), Selenium: 12.36µg (17.66%), Vitamin B1: 0.26mg (17.04%), Folate: 54.35µg (13.59%), Vitamin B3: 1.89mg (9.43%), Vitamin B2: 0.14mg (8.47%), Iron: 1.48mg (8.2%), Phosphorus: 67.34mg (6.73%), Fiber: 1.41g (5.65%), Calcium: 50.57mg (5.06%), Magnesium: 14.56mg (3.64%), Copper: 0.07mg

(3.27%), Zinc: 0.36mg (2.39%), Vitamin B6: 0.04mg (2.01%), Vitamin B5: 0.2mg (1.97%), Potassium: 52.01mg (1.49%),
Vitamin K: 1.47µg (1.4%), Vitamin E: 0.21mg (1.38%)