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L'il Original Bun ♦♦

The L'il Original Bun is a classic recipe that has been enjoyed for generations. It is a soft and fluffy bun that is perfect for sandwiches or burgers. The bun is made with simple ingredients and has a rich history in traditional baking.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 15 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

400 g	All-Purpose Flour
200 ml	Water
10 g	Yeast
20 g	Sugar
5 g	Salt

30 g Butter

Directions

Step 1

Mixing

In a bowl, combine flour, yeast, sugar, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

Add water gradually and mix until the dough comes together.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Kneading

Knead the dough for 5 minutes until it becomes smooth and elastic.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Resting

Cover the dough and let it rise for 1 hour or until it doubles in size.

Prep Time: 60 mins

Cook Time: 0 mins

Step 5

Cutting

Punch down the dough and divide it into 10 equal portions.

Prep Time: 10 mins

Cook Time: 0 mins

Step 6

Shaping

Shape each portion into a bun and place them on a baking sheet.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Resting

Cover the buns and let them rise for 30 minutes.

Prep Time: 30 mins

Cook Time: 0 mins

Step 8

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 9

Baking

Bake the buns for 15 minutes or until golden brown.

Prep Time: 0 mins

Cook Time: 15 mins

Step 10

Cooling

Remove the buns from the oven and let them cool before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 3 g

Protein: 4 g

Carbohydrates: 27 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	27 g	49.09%	54%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas Easter Back to School Picnic

Course

Drinks Breads Sauces & Dressings

Cultural

Chinese New Year Diwali Oktoberfest Passover Halloween

Cost

\$10 to \$20

Demographics

Teen Friendly Lactation Friendly Heart Healthy

Diet

DASH Diet (Dietary Approaches to Stop Hypertension) Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Nutrisystem Diet

Meal Type

Brunch

Snack

Supper

Difficulty Level

Easy

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