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## Portuguese Bun ♦

A traditional Portuguese bun that is soft, fluffy, and perfect for sandwiches or burgers. It has a slightly sweet taste and is often enjoyed with butter or jam. This recipe has been passed down for generations and is a staple in Portuguese cuisine.

**Recipe Type:** Standard

**Prep Time:** 120 mins

**Cook Time:** 20 mins

**Total Time:** 140 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

<b>500 g</b>	All-Purpose Flour
<b>50 g</b>	Sugar
<b>10 g</b>	Salt
<b>7 g</b>	active dry yeast
<b>250 ml</b>	warm water

2 quantity	Eggs
50 g	Butter
50 ml	Milk

## Directions

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### Step 1

#### Mixing

In a large bowl, combine the flour, sugar, and salt.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

In a separate bowl, dissolve the yeast in warm water and let it sit for 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

Add the yeast mixture, eggs, butter, and milk to the dry ingredients. Mix until a dough forms.

**Prep Time:** 15 mins

**Cook Time:** 0 mins

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## Step 4

### Kneading

Knead the dough on a lightly floured surface for 5-10 minutes, until it becomes smooth and elastic.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 5

### Resting

Place the dough in a greased bowl, cover it with a damp cloth, and let it rise in a warm place for 1 hour, or until it doubles in size.

**Prep Time:** 60 mins

**Cook Time:** 0 mins

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## Step 6

### Shaping

Punch down the dough and divide it into 10 equal pieces. Shape each piece into a bun and place them on a greased baking sheet.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 7

Resting

Cover the buns with a damp cloth and let them rise for another 30 minutes.

**Prep Time:** 30 mins

**Cook Time:** 0 mins

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## Step 8

Preheating

Preheat the oven to 180°C (350°F).

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 9

Baking

Bake the buns for 15-20 minutes, or until they are golden brown.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 10

Cooling

Remove the buns from the oven and let them cool on a wire rack.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 4 g

**Protein:** 6 g

**Carbohydrates:** 35 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	35 g	63.64%	70%
Fibers	2 g	5.26%	8%
Sugars	3 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	4 g	14.29%	16%
Cholesterol	40 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	15 mg	187.5%	83.33%
Potassium	100 mg	2.94%	3.85%
Zinc	4 mg	36.36%	50%
Selenium	6 mcg	10.91%	10.91%

## Recipe Attributes

### Events

Christmas Easter Barbecue

### Cuisines

Italian

### Course

Breads Snacks Sauces & Dressings

### Demographics

Kids Friendly Teen Friendly Diabetic Friendly

### Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)  
The Whole30 Diet Vegetarian Diet Vegan Diet Raw Food Diet  
Pescatarian Diet Ovo-Vegetarian Diet Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

**Meal Type**

Lunch

Dinner

Snack

**Difficulty Level**

Easy

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