

colorado dept of education

000216 - ROLLS, WHOLE WHEAT, USDA

Source: REVISED
 Number of Portions: 50
 Size of Portion: 2 OZ. ROLL

Recipe HACCP Process:

Meat/Alt: 0 oz.
 Grains: 2 SRV.
 Fruit: 0 Cup
 Vegetable: 0 Cup
 Milk: 0 FLOZ

018375 LEAVENING AGENTS, YEAST, BAKER'S, ACTIVE DRY.... 014429 WATER, MUNICIPAL..... 020649 WHEAT FLR, WHOLE-GRAIN, SOFT WHEAT.....	1/3 CUP 1 1/2 CUP 1 LB + 13 OZ	For best results, have all ingredients and utensils at room temperature. 1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
020081 WHEAT FLR, WHITE, ALL-PURPOSE, ENR, BLEACHED... 001155 MILK, DRY, NONFAT, INST, WO/ VIT A..... 019335 SUGARS, GRANULATED..... 002047 SALT, TABLE.....	1 LB + 13 OZ 3 1/4 OZ 5 3/4 OZ 2 TBSP	2. Place flour, dry milk, sugar, and salt in mixer bowl. Blend with dough hook for approximately 2 minutes on low speed.
050385 OIL, VEGETABLE..... 014429 WATER, MUNICIPAL.....	3/4 CUP + 2 TBSP 2 1/2 CUP	3. Add oil and blend for approximately 2 minutes on low speed. 4. Add water. Mix for 1 minute on low speed. 5. Add dissolved yeast and mix for 2 minutes on low speed. 6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic. 7. Place dough in warm area (about 90° F) for 45-60 minutes. 8. Punch down dough to remove air bubbles. 9. Form rolls from dough by pinching off 2 oz pieces and shaping. Place rolls in rows of 5 across and 10 down on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 10. Place in a warm area (about 90° F) until double in size, 30-50 minutes. 11. Bake until lightly browned: Conventional oven: 400° F for 18-20 minutes Convection oven: 350° F for 12-14 minutes

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

1 - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

colorado dept of education

	<p>Special Tip</p> <p>To use high-activity (instant) yeast, follow directions below or manufacturer's instructions.</p> <p>For 50 servings, omit step 1. In step 2, add ¼ cup high-activity (instant) yeast. Continue with step 3. In step 4, add 1 qt water (110° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.</p> <p>For 100 servings, omit step 1. In step 2, add 2 ½ oz (½ cup) high-activity (instant) yeast. Continue with step 3. In step 4, add 2 qt water (110° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.</p>
	<p>Serving</p> <p>1 roll provides 2 servings of grains/breads.</p>

*Nutrients are based upon 1 Portion Size (2 OZ. ROLL)

Calories	172 kcal	Cholesterol	0.33 mg	Protein	4.44 g	Calcium	31.74 mg	23.12%	Calories from Total Fat
Total Fat	4.41 g	Sodium	295.13 mg	Vitamin A	*0.09* RE	Iron	1.41 mg	3.67%	Calories from Sat Fat
Saturated Fat	0.70 g	Carbohydrate	29.54 g	Vitamin A	1.76 IU	Water ¹	*23.08* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.94 g	Vitamin C	0.11 mg	Ash ¹	*1.30* g	68.89%	Calories from Carbohydrates
								10.36%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.