

# Whole-Grain Roll

Makes: 100 Servings

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Ingredients	Weight	Measure
Active dry yeast	4 1/8 oz	1/2 cup 5 1/4 tsp
Warm water	5 lb 1 oz	2 qt 1 3/4 cups
Sugar	10 1/4 oz	1 1/3 cups 2 Tbsp
Vegetable oil	9 1/3 oz	1 1/8 cups 1 1/2 Tbsp
Salt	1 7/8 oz	2 Tbsp 2 3/4 tsp
Whole wheat flour	3 lb 14 1/2 oz	3 qt 2 3/4 cups

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>155</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	N/A
<b>Sodium</b>	<b>209 mg</b>
<b>Total Carbohydrate</b>	<b>28 g</b>
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	N/A
Calcium	10 mg
Iron	2 mg
Potassium	N/A
N/A - data is not available	

3 1/2 qt	2 gal 3 qt
Enriched bread flour	
oz	qt

## Directions

1. Combine yeast, water, sugar, oil, and salt in large mixing bowl.
2. Blend in whole wheat flour.
3. Gradually add bread flour and mix on low until blended. The dough may be slightly sticky.
4. Place dough in a warm area and let rise for 45 minutes. Punch down dough to remove bubbles.
5. Spray sheet pans (18" x 26" x 1") with pan release spray. Pinch off 2.25 oz pieces and place on a sheet pan in rows of 10 down and 7 across to make 70 per pan. Use 1 ½ sheet pans.
6. Bake until golden brown: Conventional oven: 350 °F for 12-15 minutes.

**Source:** Toppenish School District