

51% Whole Grain Hamburger Buns

Yield: 30 hamburger buns – 3”x 3”

1/4 cup + 4 teaspoons spice, active dry yeast

4 cups water, 90 degrees Fahrenheit

1 cup granulated sugar

6 2/3 cups all purpose flour

2 cups Alaska Grown barley flour

4 3/4 cups whole wheat flour

1 tablespoon salt

1 cup non-fat powdered milk

3/4 cup oil, vegetable

2 tablespoons honey

1. Mix all ingredients on lowest setting of electric mixer with dough hook attachment for 5 minutes.
2. Increase speed to medium/medium high and knead for 15 minutes.
3. Remove dough and let set 20 minutes on floured surface.
4. Process into hamburger buns or rolls according to your facility procedure.
5. Raise at 100 degrees Fahrenheit for 60 minutes.
6. Preheat oven to 350 degrees Fahrenheit.
7. Bake for 10 minutes or until golden brown.
8. Remove from oven, let cool on cooling rack.

Nutrition Facts	
Serving Size (57g): 1 roll	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

