

# 51% Whole Grain Hamburger Buns

Yield: 30 hamburger buns – 3”x 3”

**1 oz. spice, active dry yeast**

**16 oz. water, 90 degrees Fahrenheit**

**3.25 oz. granulated sugar**

**15.75 oz. all purpose flour**

**4.75 oz. Alaska Grownbarley flour**

**11.5 oz. whole wheat flour**

**0.25 oz. salt**

**1.25 oz. non-fat powdered milk**

**3.25 oz. oil, vegetable**

**1 oz. 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 (55g): 1 bun	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	
<b>Protein</b> 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
*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	

