



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Whole-Grain Roll

Makes: 100 Servings

100 Servings

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
Enriched bread flour	3 lb 10 5/8 oz	2 gal 3 3/4 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 1/2 sheet pans.
6. Bake until golden brown: Conventional oven: 350 °F for 12-15 minutes.

My Notes

Source: Toppenish School District

Nutrition Information

Nutrients	Amount
Calories	155
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	209 mg
Total Carbohydrate	28 g
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	5 g
Vitamin D	N/A
Calcium	10 mg
Iron	2 mg
Potassium	N/A

N/A - data is not available