



000618 - ROLLS, BURLESON HOT

Source: BURLESON ISD

Number of Portions: 108

Size of Portion: EACH

Alternate Recipe Name: BEST IN TEXAS!

Components:

Meat/Alt:

Grains: 2 oz

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

HACCP Process: No HACCP Process

| Ingredients | Measures | Instructions |
|---|---|--|
| 004696 MARGARINE,REG,80% FAT,COMP,STK,WO/ SALT,.... 018375 LEAVENING AGENTS,YEAST,BAKER'S,ACTIVE DR..... 014429 WATER,MUNICIPAL..... 019335 SUGARS,GRANULATED..... | 1 lb + 8 ozs 1/3 cup 2 qts 1 3/4 cups + 2 Tbsp | 1. Melt margarine (or butter). Allow to cool slightly at room temperature. 2. Place water, yeast, and sugar in a large mixer bowl fitted with a dough hook. Stir to combine. |
| 051429 FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED... 051433 FLOUR, WHOLE WHEAT..... 002047 SALT, TABLE..... | 3 lbs + 12 ozs 3 lbs + 12 ozs 2 Tbsp | 3. Combine dry ingredients. Add half of the flour mixture to the mixer bowl. Mix well. |
| 001123 EGG,WHOLE,RAW,FRESH..... | 1 cup | 4. Add melted margarine (or butter,oil) and eggs. Add remaining dry ingredients. Mix until smooth. *You might need to add a little more flour if dough is too sticky. 5. Cover bowl with plastic wrap. Let rise until doubled in size, approximately 1 hour. 6. Punch down dough. Pinch dough and shape into 2 ounce rolls. Arrange on sheet pans about 1/2" apart. Cover with plastic wrap and let the rolls rise until doubled, about 45 minutes. 7. Bake at 350 F (convection oven) for 10-12 minutes or 400 F (conventional oven) for 16-18 minutes until golden. The internal temperature will be around 196 F. 8. Immediately after baking, spray with buttermist or lightly brush with melted margarine (or butter). Use about 1 ounce per full size sheet pan. |

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| | | Notes: ESC Region 11 prefers butter to margarine, but realizes it is higher in saturated fat and will alter the nutrient content. A liquid fat, such as canola oil, could be used as well or mixed half and half with butter. The roll dough can be shaped on sheet pans and placed in the refrigerator overnight, for up to 2 nights. Be sure to cover the pans with plastic wrap. Remove the rolls from the refrigerator and allow them to rise until doubled before baking. |
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*Nutrients are based upon 1 Portion Size (EACH)

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|------------------------|----------|---------------|---------|-----------|------------|--------------------|-----------|---------|-----------------------------|
| Calories | 175 kcal | Cholesterol | 8 mg | Protein | 4.25 g | Calcium | 10.06 mg | 30.26% | Calories from Total Fat |
| Total Fat | 5.89 g | Sodium | 136 mg | Vitamin A | *49.4* RE | Iron | 1.36 mg | 5.78% | Calories from Saturated Fat |
| Saturated Fat | 1.13 g | Carbohydrates | 27.25 g | Vitamin A | *239.6* IU | Water ¹ | *20.32* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ¹ | *0.00* g | Dietary Fiber | 2.24 g | Vitamin C | 0.0 mg | Ash ¹ | *0.53* g | 62.19% | Calories from Carbohydrates |
| | | | | | | | | 9.69% | 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

| Allergens | | | | | | | |
|---|-----|--------|----------|------|-----------|-----|-------|
| Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
| YES | YES | NO | NO | NO | NO | ? | YES |
| YES = Present NO = Absent ? = Undefined | | | | | | | |