



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.

		<p>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.</p> <p>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.</p>
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*Nutrients are based upon 1 Portion Size (EACH)

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							