



Whole-Grain Dinner Rolls

USDA Recipe for Schools

These Whole-Grain Dinner Rolls are slightly crunchy on the outside and moist on the inside, a delicious and nutritious complement to any meal.

NSLP/SBP CREDITING INFORMATION
 1 roll provides 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	

Active dry yeast

3 Tbsp

2 oz

1/4 cup

2 Tbsp

1

For best results, all ingredients and utensils should be at room temperature.

Warm water (no higher than 110 °F)

3 cups

1 qt 2 cups

2

Dissolve dry yeast in warm water. Set yeast water aside for step 5.

Whole-wheat flour

1 lb

3 1/2 cups

2 lb

1 qt 3 cups

2 Tbsp 1 tsp

3

Pour flour, sugar, and salt in a commercial mixer (batch as needed). Using a dough hook attachment, mix on medium–low speed. DO NOT OVERMIX.

For 50 servings, mix for 1 minute.
 For 100 servings, mix for 2 minutes.



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INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour (see Notes)	14 oz	3 cups 2 Tbsp	1 lb 12 oz	1 qt 2¼ cups	<p>4 Add eggs and oil.</p> <p>5 Slowly add yeast water. Using a dough hook attachment, mix on medium-low speed until flour is completely blended. DO NOT OVERMIX.</p> <p>For 50 servings, mix for 3 minutes. For 100 servings, mix for 6 minutes.</p> <p>6 Place 1 qt (about 2 lb 5 oz) dough on a steam table pan (12" x 20" x 2½") heavily coated with pan release spray. Cover each pan with a towel. Place in a warm area for 1 hour and 30 minutes to allow dough to rise.</p> <p>For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>7 Punch dough to remove air bubbles. Cover each pan with a towel. Place in a warm area for 1 hour and 30 minutes to allow dough to rise for a second time.</p>
Sugar	8 oz	1 cup	1 lb	2 cups	
Salt		2 tsp		1 Tbsp 1 tsp	
Frozen whole eggs, thawed	4 oz	1¾ cups 1½ tsp	8 oz	3½ cups 2¾ tsp	
Canola oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	



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INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>8 Heavily coat muffin pans with pan-release spray. Using a No. 30 scoop, portion 2 Tbsp (about 1 oz) dough into each muffin cup.</p> <p>For 50 servings, fill 50 muffin cups. For 100 servings, fill 100 muffin cups.</p> <p>9 Cover each pan with a towel. Place in a warm area for at least 1 hour to allow dough to rise for a third time.</p> <p>10 Bake until golden brown: Conventional oven: 350 °F for 15 minutes. Convection oven: 325 °F for 12 minutes.</p> <p>11 Serve 1 roll.</p>



NUTRITION INFORMATION

For 1 roll.

NUTRIENTS	AMOUNT
Calories	85
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	8 mg
Sodium	98 mg
Total Carbohydrate	17 g
Dietary Fiber	0 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	2 IU
Calcium	4 mg
Iron	1 mg
Potassium	53 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

NOTES

Cooking Process #2: Same Day Service.

Add additional flour 1 Tbsp at a time if dough is too wet, or add additional water 1 Tbsp at a time if dough is too dry.

YIELD/VOLUME	
50 Servings	100 Servings

About 3 lb 2 oz

About 6 lb 4 oz

About 1 qt 2¼ cups/50 rolls

About 3 qt ½ cup/100 rolls

