



# Whole-Grain Dinner Rolls

## USDA Recipe for CACFP

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

### CACFP CREDITING INFORMATION

1 roll provides 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>1</b> For best results, all ingredients and utensils should be at room temperature.
Active dry yeast		1 Tbsp 1½ tsp		3 Tbsp	<b>2</b> Dissolve dry yeast in warm water. Set yeast water aside for step 5.
Warm water (no higher than 110 °F)		1½ cups		3 cups	
Whole-wheat flour	8 oz	1¾ cups 1¾ tsp	1 lb	3½ cups 1 Tbsp ½ tsp	<b>3</b> 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 25 servings, mix for 30 seconds. For 50 servings, mix for 1 minute.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour (see Notes)	7 oz	1½ cups 1 Tbsp	14 oz	3 cups 2 Tbsp	
Sugar	4 oz	½ cup	8 oz	1 cup	
Salt		1 tsp		2 tsp	
Frozen whole eggs, thawed	2 oz	¾ cup 2 Tbsp ⅔ tsp	4 oz	1¾ cups 1⅓ tsp	<b>4</b> Add eggs and oil.
Canola oil		2 tsp		1 Tbsp 1 tsp	
					<b>5</b> Slowly add yeast water. Using a dough hook attachment, mix on medium–low speed until flour is completely blended. DO NOT OVERMIX.  For 25 servings, mix for 1½ minutes. For 50 servings, mix for 3 minutes.
					<b>6</b> 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.  For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>7</b> 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.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>8</b> Heavily coat muffin pans with pan-release spray. Using a No. 30 scoop, portion 2 Tbsp (about 1 oz) dough into each muffin cup.  For 25 servings, fill 25 muffin cups. For 50 servings, fill 50 muffin cups.
					<b>9</b> 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.
					<b>10</b> Bake until golden brown: Conventional oven: 350 °F for 15 minutes. Convection oven: 325 °F for 12 minutes.
					<b>11</b> Serve 1 roll.



## NUTRITION INFORMATION

For 1 roll.

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>85</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	8 mg
<b>Sodium</b>	<b>98 mg</b>
<b>Total Carbohydrate</b>	<b>17 g</b>
Dietary Fiber	0 g
Total Sugars	5 g
Added Sugars included	N/A
<b>Protein</b>	<b>3 g</b>
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

25 Servings	50 Servings
About 1 lb 9 oz	About 3 lb 2 oz
About 3½ cups/25 rolls	About 1 qt 2¼ cups/50 rolls