



825144 - Deli Sub Roll

Source: K12 Culinary

Number of Portions: 25

Size of Portion: each, 2 oz

Components:

Meat/Alt:

Grains: 2 oz

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
826516 Roll, Sub, Dough, Rich's 11782...	25 each, 2 oz	(Note: Frozen, unbaked sub buns weigh 2.4 oz and baked weight is approximately 2 oz. The buns provide 2 oz eq whole grain-rich component crediting.) Place 25 frozen sub dough on a lightly greased or paper-lined full size sheet pan 5 across and 5 down. Spray lightly with food release, cover with plastic film wrap and place in refrigerator to thaw overnight.
		Remove plastic film wrap and proof thawed dough at 110° F and 70% humidity for approximately 45-60 minutes.
		Bake at 350° F for 10 to 15 minutes. Allow rolls to cool before removing from pan. CCP: No bare hand contact with ready to eat food.
		Use immediately, or place rolls in tightly sealed food storage bags and store at room temperature for up to 3 days. If longer storage time is needed, cover tightly, label, and place in the freezer. Note: Breads should not be stored in the refrigerator as this accelerates starch retrogradation and staling.

*Nutrients are based upon 1 Portion Size (each, 2 oz)

Calories	170	kcal	Cholesterol	0	mg	Sugars	3.0	g	Calcium	13.54	mg	15.88%	Calories from Total Fat
Total Fat	3.00	g	Sodium	240	mg	Protein	6.01	g	Iron	1.45	mg	2.65%	Calories from Saturated Fat
Saturated Fat	0.50	g	Carbohydrates	28.05	g	Vitamin A	0.0	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	3.00	g	Vitamin C	0.0	mg	Ash ¹	*N/A*	g	65.88%	Calories from Carbohydrates
												14.12%	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

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.