



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:

Grain

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 approx. 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 pan release, cover with plastic film wrap and place in refrigerator to thaw overnight.
		Remove plastic film wrap and proof thawed dough at 110 degrees F and 70% humidity for approximately 45-60 minutes.
		CCP: No bare hand contact with ready to eat food. Bake at 350°F for 10 to 15 minutes. Allow rolls to cool before removing from pan. 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.