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.

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>25 SERVINGS</th>
<th>50 SERVINGS</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
</tr>
<tr>
<td>Active dry yeast</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 1/2 tsp</td>
<td>3 Tbsp</td>
</tr>
<tr>
<td>Warm water (no higher than 110 °F)</td>
<td>1 1/2 cups</td>
<td></td>
<td>3 cups</td>
</tr>
<tr>
<td>Whole-wheat flour</td>
<td>8 oz</td>
<td></td>
<td>1 lb</td>
</tr>
<tr>
<td></td>
<td>1 3/4 cups</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 1/4 tsp</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

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

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 25 servings, mix for 30 seconds.
   For 50 servings, mix for 1 minute.
## Whole-Grain Dinner Rolls

### INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>25 SERVINGS</th>
<th>50 SERVINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>Enriched all-purpose flour (see Notes)</td>
<td>7 oz</td>
<td>1 ½ cups</td>
</tr>
<tr>
<td></td>
<td>1 Tbsp</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>Sugar</td>
<td>4 oz</td>
<td>½ cup</td>
</tr>
<tr>
<td>Salt</td>
<td>1 tsp</td>
<td></td>
</tr>
<tr>
<td>Frozen whole eggs, thawed</td>
<td>2 oz</td>
<td>¼ cup</td>
</tr>
<tr>
<td></td>
<td>2 Tbsp</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Canola oil</td>
<td>2 tsp</td>
<td></td>
</tr>
</tbody>
</table>

### DIRECTIONS

1. **Add eggs and oil.**
2. **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.
3. **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.
4. **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.**
## Whole-Grain Dinner Rolls

**United States Department of Agriculture**

### INGREDIENTS

<table>
<thead>
<tr>
<th>Weight</th>
<th>Measure</th>
<th>Weight</th>
<th>Measure</th>
</tr>
</thead>
</table>

### DIRECTIONS

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.

For 25 servings, fill 25 muffin cups.
For 50 servings, fill 50 muffin cups.

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.

10. Bake until golden brown:
- Conventional oven: 350 °F for 15 minutes.
- Convection oven: 325 °F for 12 minutes.

11. Serve 1 roll.
Whole-Grain Dinner Rolls

United States Department of Agriculture

NUTRITION INFORMATION
For 1 roll.

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

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

<table>
<thead>
<tr>
<th>25 Servings</th>
<th>50 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>About 1 lb 9 oz</td>
<td>About 3 lb 2 oz</td>
</tr>
<tr>
<td>About 3¼ cups/25 rolls</td>
<td>About 1 qt 2¼ cups/50 rolls</td>
</tr>
</tbody>
</table>

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