

Sweet Hawaiian Roll

Servings:	40.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-58644
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hawaiian Roll	40 roll		149052

Preparation Instructions

1. Remove desired amount of product from freezer and place frozen dough on oiled parchment lined sheet pan (5x8) 5 rows of 8 pieces per full sheet pan. Cover individual pans with plastic wrap sprayed with pan release.
2. Place individual covered pans on speed rack and place in cooler 12-18 hours or overnight.
3. Floor Proof: keep dough covered and hold at room temperature for 60-90 minutes or until doubled in size.
4. Bake--
Conventional Oven: 350°F for 8-10 minutes
Convection Oven: 300°F for 6-8 minutes
5. Bake until rolls are golden brown and reach 200°F rotating pans halfway through baking.

Note: Do NOT overbake as product will continue to bake on hot pans while cooling. Set aside to cool for 5-6 minutes for easier handling.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	110.00
Fat	2.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	180.00mg
Carbohydrates	18.00g
Fiber	1.00g
Total Sugar	4.00g
Added Sugar	4.00g
Protein	4.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.90mg

Nutrition - Per 100g

No 100g Conversion Available