



40-Minute Wheat Hot Dog Buns (No Rise)



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



205 kcal

Ingredients

- ☐ 1 cup tablespoons warm water (105°F)
- ☐ 2 tablespoons active yeast dry (reduce)
- ☐ 0.3 cup oil
- ☐ 0.3 cup honey
- ☐ 1 egg)
- ☐ 2 cups bread flour white all-purpose
- ☐ 1 teaspoon salt
- ☐ 1.5 cups white-wheat whole wheat all-purpose (can sub more flour)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ Line a baking sheet with parchment paper.
- ☐ Put the warm water in a large bowl and sprinkle in the yeast.
- ☐ Let sit for 5 minutes to proof and ensure the yeast is active. It should bubble or foam. If it doesn't your yeast might be inactive. Start again with fresh yeast.
- ☐ Add the oil, sweetener, and egg or egg replacer to the yeast mixture and whisk to combine.
- ☐ Add the all-purpose or bread flour and salt and stir to combine. Gradually stir in the wheat flour, as needed, until soft dough forms. Bring the dough together with your hands when it becomes too thick to stir. It should be slightly tacky, but should not stick to your hands.
- ☐ Turn out the dough onto a lightly floured surface. Knead it for about 5 minutes, or until smooth and elastic.
- ☐ Divide the dough into 12 equal pieces, and shape each into 5- to 6-inch long logs.
- ☐ Place them on your prepared baking sheet about 3 inches apart.
- ☐ Lightly cover the dough with plastic wrap and let it rest while your oven preheats (about 15 minutes).
- ☐ Preheat your oven to 425°F.
- ☐ Gently remove the plastic wrap and bake the buns for 14 to 15 minutes, or until lightly golden.
- ☐ Remove the buns to a wire rack to cool. Store in an airtight container for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:9.94, Glycemic Load:12.82, Inflammation Score:-2, Nutrition Score:6.6921738842097%

Nutrients (% of daily need)

Calories: 205.16kcal (10.26%), Fat: 6.99g (10.76%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 29.78g (10.83%), Sugar: 5.92g (6.58%), Cholesterol: 0mg (0%), Sodium: 196.22mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Manganese: 0.78mg (39.16%), Selenium: 17.65µg (25.21%), Vitamin B1: 0.17mg (11.02%), Fiber: 2.3g (9.19%), Vitamin E: 1.28mg (8.52%), Phosphorus: 78.29mg (7.83%), Folate: 29.22µg (7.3%), Magnesium: 26.46mg (6.62%), Vitamin B3: 1.23mg (6.14%), Copper: 0.11mg (5.41%), Vitamin K: 4.79µg (4.56%), Iron: 0.77mg (4.3%), Zinc: 0.64mg (4.25%), Vitamin B6: 0.08mg (4.02%), Vitamin B2: 0.07mg (3.92%), Vitamin B5: 0.28mg (2.77%), Potassium: 85.36mg (2.44%), Calcium: 11.64mg (1.16%)