



Healthy White-Wheat Hamburger Buns



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



227 kcal

BREAD

Ingredients

- ☐ 1 cup water lukewarm
- ☐ 2 tablespoons maple syrup divided
- ☐ 2.3 teaspoons active yeast dry
- ☐ 2 cups flour whole wheat white
- ☐ 0.5 cup oat flour (or rolled oats ground into flour)
- ☐ 1 tablespoon vital wheat gluten
- ☐ 1 teaspoon sea salt fine
- ☐ 2 tablespoons olive oil

Equipment

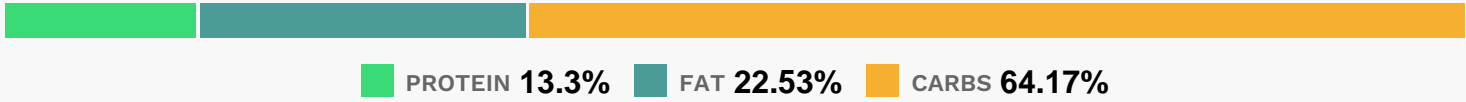
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ kitchen towels

Directions

- ☐ In a small bowl, combine the water, 1 tablespoon maple syrup, and yeast.
- ☐ Let it sit and proof for about 5 minutes. It should bubble or foam. If not, your yeast might be inactive. Start over with fresh yeast.
- ☐ In a medium bowl, whisk together the flours, wheat gluten, and salt.
- ☐ Add the remaining 1 tablespoon maple syrup and olive oil to the yeast mixture.
- ☐ Mix the wet mixture into the dry ingredients. Begin working it with your hand as dough forms.
- ☐ Add an additional tablespoon or two of water if it's too dry or flour if it's too sticky. It should be a soft but workable dough.
- ☐ Knead the dough on a lightly floured work surface for about 10 minutes or until smooth and elastic.
- ☐ Form the dough into a ball, and place it in a greased bowl, smooth side down. Turn over so the oiled side is up. Cover the bowl with a tea towel and let the dough rise in a warm place until doubled, about 1 to 1½ hours.
- ☐ Lightly oil a baking sheet or line it with parchment paper.
- ☐ Transfer the risen dough to a lightly floured surface and punch it down.
- ☐ Cut the dough into 6 equal portions. Shape each portion into a ball, then flatten slightly to form a bun.
- ☐ Transfer the buns to your prepared baking sheet. Cover with a light tea towel and let rise until nearly doubled, about ½ hour.

- ☐ Preheat your oven to 375°F.
- ☐ Bake 15 to 17 minutes, or until nicely golden. The buns are done when they sound hollow when tapped on the bottom.
- ☐ Transfer the buns to a wire rack to cool completely before slicing.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:3.2, Inflammation Score:-2, Nutrition Score:4.8034782828358%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 227.4kcal (11.37%), Fat: 5.89g (9.06%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 37.75g (12.58%), Net Carbohydrates: 32.75g (11.91%), Sugar: 4.06g (4.51%), Cholesterol: 0mg (0%), Sodium: 391.68mg (17.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.82g (15.65%), Manganese: 0.4mg (20.16%), Fiber: 5.01g (20.02%), Vitamin B1: 0.16mg (10.92%), Vitamin B2: 0.14mg (8.34%), Iron: 1.36mg (7.57%), Folate: 29.46µg (7.37%), Vitamin E: 0.7mg (4.67%), Calcium: 41.4mg (4.14%), Phosphorus: 39.03mg (3.9%), Selenium: 2.64µg (3.77%), Magnesium: 12.13mg (3.03%), Vitamin K: 2.95µg (2.81%), Potassium: 96.23mg (2.75%), Vitamin B3: 0.55mg (2.75%), Zinc: 0.4mg (2.69%), Vitamin B5: 0.23mg (2.33%), Copper: 0.04mg (2.04%), Vitamin B6: 0.02mg (1.21%)