



Whole Wheat Hamburger and Hot Dog Buns (Bread Machine)

 Dairy Free

READY IN



125 min.

SERVINGS



12

CALORIES



174 kcal

BREAD

Ingredients

- 1 cup water
- 1 eggs
- 2 cups flour all-purpose
- 1 cup flour whole wheat
- 0.8 teaspoon salt
- 0.3 cup shortening
- 0.3 cup sugar

- 3 teaspoons yeast
- 1 tablespoon vital wheat gluten

Equipment

- baking sheet
- oven
- knife
- loaf pan
- ziploc bags

Directions

- Place all ingredients in bread pan, select Dough setting, and press Start. (Vital Wheat Gluten is optional but the bread will rise higher with it.).
- When dough has risen enough, the machine will beep.
- Remove bread pan, and turn out dough onto a floured countertop. Gently roll and shape the dough into a 12-inch rope.
- With a sharp knife, divide dough into 8 pieces for hamburger buns or 12 pieces for hot dog buns.
- Grease a baking sheet.
- Roll pieces of dough into balls and flatten for hamburger buns or shape into 6-inch rolls for hot dog buns.
- Place on prepared baking sheet. Cover and let rise in warm oven 10 to 15 minutes until almost doubled.
- Preheat oven to 400°F
- Bake 10 to 12 minutes until golden brown (be careful mine cook pretty fast).
- Remove from oven and cool on racks. When ready to use, split buns horizontally. These will keep in plastic bag in the freezer for 3 to 4 weeks.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:14.41, Inflammation Score:-3, Nutrition Score:6.7852173771547%

Nutrients (% of daily need)

Calories: 174.18kcal (8.71%), Fat: 5.16g (7.94%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 27.7g (9.23%), Net Carbohydrates: 25.85g (9.4%), Sugar: 4.27g (4.74%), Cholesterol: 13.64mg (4.55%), Sodium: 152.98mg (6.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.63%), Manganese: 0.55mg (27.64%), Selenium: 14.75µg (21.08%), Vitamin B1: 0.3mg (20.11%), Folate: 62.45µg (15.61%), Vitamin B3: 2.04mg (10.21%), Vitamin B2: 0.17mg (9.89%), Iron: 1.45mg (8.07%), Fiber: 1.85g (7.38%), Phosphorus: 72.36mg (7.24%), Magnesium: 19.53mg (4.88%), Copper: 0.08mg (4.1%), Zinc: 0.52mg (3.49%), Vitamin B5: 0.34mg (3.42%), Vitamin B6: 0.07mg (3.39%), Vitamin E: 0.38mg (2.56%), Vitamin K: 2.54µg (2.42%), Potassium: 71.94mg (2.06%), Calcium: 10.64mg (1.06%)