

# Gooding School District

**Recipe: 000576 Whole Grain Cinnamon Rolls**

Recipe Source: gooding  
 Recipe Group: BREAD/ROLLS/STARCH

**Recipe HACCP Process: #2 Same Day Service**

Alternate Recipe Name:  
 Number of Portions: 275  
 Size of Portion: 3 oz

900184 Yeast (saf)..... 075009 WATER,WARM.....	1 (1 cup) 9 QT	In mixer on low speed with dough hook, mix yeast with warm water until blended.
020080 WHEAT FLOUR,WHOLE-GRAIN..... 900185 Flour, all purpose..... 020038 OATS..... 001091 MILK,DRY,NONFAT,REG,WO/ VIT A.... 019335 SUGARS,GRANULATED..... 002047 SALT,TABLE..... R000832 Cinnamon/Sugar for rolls..... R000833 Cinnamon Roll Oil Mixture.....	12 LB 12 LB 3 LB 2 CUP 2 CUP 3/4 CUP 2 gallons 6 cups	mix in dry ingredients gradually adding flour.  Add oil until proper consistency is reached In large bowl, mix together applesauce, cinnamon & sugar In mixing bowl melt butter in microwave. Add oil and set aside.  Roll dough out, spread applesauce mixture over dough. Roll up and brush with oil/butter mixture. slice and place on parchment lined pan.  Bake at 350 degrees for 10 minutes. Rotate and bake another 5 minutes or until internal temperature reaches 193°.  Frost if desired.

Calories	274	Iron	2.25 mg	Protein	6.15 g	8.98%	Calories from Prot
Cholesterol	0 mg	Calcium	27.99 mg	Carbohydrates	51.28 g	74.89%	Calories from Carb
Sodium	329 mg	Vitamin A	65.5 IU	Total Fat	5.38 g	17.66%	Calories from T Fat
Dietary Fiber	3.41 g	Vitamin A	12.6 RE	Saturated Fat	0.91 g	2.99%	Calories from S Fat
		Vitamin C	2.16 mg	Trans. Fat	0.00* g	%	Calories from Trans. Fat

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<b>Miscellaneous</b>		<b>Attributes</b>	<b>Allergens Present</b>	<b>Allergens Absent</b>	<b>Allergens Unidentified</b>
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
					? - Fish
					? - Shellfish
					? - Soy
					? - Wheat
<b>Moisture &amp; Fat Change</b>					
Moisture Change.	0%				
Fat Change.....	0%				
Type of Fat.....					

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	900184	Yeast (saf)			
I	075009	WATER,WARM			
I	020080	WHEAT FLOUR,WHOLE-GRAIN			
I	900185	Flour, all purpose			
I	020038	OATS			
I	001091	MILK,DRY,NONFAT,REG,WO/ VIT A			
I	019335	SUGARS,GRANULATED			
I	002047	SALT, TABLE			
R	000832	Cinnamon/Sugar for rolls			
R	000833	Cinnamon Roll Oil Mixture			