

## 11224 2.5 oz Sub Dough with Whole Grain



Frozen 2.5 oz Sub Dough made with white wheat flour. Simply thaw, proof and bake. Easy to have the fresh baked aroma in your kitchen and fresh baked subs daily. Meets 2 bread servings and is great for schools and healthcare.



## NUTRITION FACTS

1 per Sub

Serving Size: 1 Sub (2.5oz/71g)

Amount Per Serving

**Calories** **170**

% Daily Value\*

<b>Total Fat:</b> 3.5 g	4 %
Saturated Fat: 0.5 g	3 %
Trans Fat: 0.0 g	
<b>Cholesterol:</b> 0 g	0 %
<b>Sodium:</b> 290 mg	12 %
<b>Total Carbohydrates:</b> 30 g	11 %
Dietary Fiber: 3 g	11 %
Total Sugars: 4 g	
Includes 3 g Added Sugars	5 %

**Protein:** 7 g

<b>Vitamin D:</b> 0.00 mcg	0 %
<b>Calcium:</b> 21 mg	2 %
<b>Iron:</b> 1.5 mg	8 %
<b>Potassium:</b> 143 mg	4 %

<b>Grain Oz. Equivalent:</b>	<b>2</b>
<b>Grams of whole grain:</b>	<b>19.94 g</b>
<b>Percent of whole grain:</b>	<b>56.93 %</b>
<b>Grand Total Grains:</b>	<b>35.04 g</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Product Details

UPC: 10710205112244  
Unit Size: 2.5 oz  
Case count: 144  
Master case dimension: 13.4669 x 12.0626 x 9.2501  
Master case cube: 0.87  
Master case net weight: 22.50  
Master gross weight: 23.68  
Pallet Ti / Hi: 12 / 8  
Shelf life: 90 days  
Servings per piece: 1 per Sub  
Kosher: Not Kosher

### Ingredients

ingredients: water, whole wheat flour, enriched unbleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, yeast, vital wheat gluten, wheat starch, contains less than 2% of: whey, salt, potassium chloride, maltodextrin, datem, dextrose, soybean oil, ascorbic acid, enzyme, mono-and diglycerides, polysorbate 60, antioxidants (citric acid and bht), egg, soy lecithin. contains: wheat, milk, egg, and soy.

### Directions

1. STORE FROZEN UNTIL READY TO USE.
2. Place roll dough on silicone treated papered or greased pan, 3 x 5 for individual rolls on an 18 x 26" baking pan with seam side of dough down.
3. Cover with plastic bag or place in an enclosed cabinet. Place in retarder or walk-in cooler to thaw overnight.
4. Next day, remove from retarder and allow dough pieces to warm on an open rack at room temperature for 1 hour.
5. Place pan in proofer, maintain 100 degrees F and 90 - 95% relative humidity. Allow to proof until rolls are 3 time original size.
6. Bake in preheated conventional oven at 350 degrees F for 17-20 minutes or 325 degrees F convection oven for 17-20 minutes until top and bottom are golden brown.