OKANAGAN
EST. OK 1994
FROZEN DOUGH

9" 40% Whole Wheat Sub Bun

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Product Code:
OK345 9” 40% Whole Wheat Sub Bun

The natural goodness of whole wheat lends a deliciously nutty flavor to our 9 inch 40% whole wheat sub bun, making it an ideal choice for those who want to add healthier eating options to their meal planning. Perfect for sandwiches, toasting or as a complement to a salad or side. Made with whole grain flour. Contains no trans fats. Sustainably made from wholesome ingredients.

INGREDIENTS LIST

Wheat Flour, Water, Whole Wheat Flour, Yeast, Wheat Gluten, Sugar, Salt, Canola Oil, Soy Lecithin, Improver (Wheat Flour, Ascorbic Acid, Xylanase, Lipase, Soya Oil, Amylase), Caramel Color

Nutritional Information (Baked)

Nutritional Facts	Amounts Per 1 Bun (98g)	% Daily Value
Calories	340	
Fat	4g	5%
Saturated	0.5g	
+Trans	0g	3%
Carbohydrate	64g	21%
Fibre	6g	23%
Sugars	4g	4%
Protein	14g	
Cholesterol	0mg	
Sodium	680mg	29%
Potassium	225mg	5%
Calcium	20mg	2%
Iron	4mg	21%

Handling Instructions

Note: Times and temperatures are a guideline only, specific shop conditions & equipment may vary results.

1

BREAKOUT & THAW

Break product out onto flat baking pans lined with parchment paper. Space 12 buns (3 x 4) diagonally on baking sheet. Remember to keep belt mark of bun down. Cover rack and put in retarder or cooler overnight to thaw.

2

MORNING

Remove rack from retarder, remove plastic cover and put back into proofer or keep plastic cover on if floor proofing product until space is available in proofer/oven. Proof until product is about 2 - 3 times its original size. This should take approximately 60 minutes.

TOPPING: None

3

BAKE TIME

SCORING: After proofing, score with 2 - 3 diagonal slices.
Bake at 390˚F for 15 - 20 minutes. Use steam if available. When bake cycle is complete remove from oven and let product completely cool before packaging.