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## Country Bun Whole Wheat

A traditional country bun made with whole wheat flour. It is a versatile bread that can be enjoyed with various toppings or used as a base for sandwiches.

**Recipe Type:** Standard

**Prep Time:** 30 mins

**Cook Time:** 20 mins

**Total Time:** 50 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

<b>500 g</b>	Whole Wheat Flour
<b>10 g</b>	yeast
<b>10 g</b>	Salt
<b>20 g</b>	Sugar
<b>300 ml</b>	Water
<b>50 ml</b>	olive oil

# Directions

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## Step 1

### Mixing

In a large bowl, combine the whole wheat flour, yeast, salt, and sugar.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

### Mixing

Gradually add water and olive oil to the dry ingredients. Mix until a dough forms.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 3

### Kneading

Knead the dough on a floured surface for about 5 minutes, or until smooth and elastic.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

## Resting

Place the dough in a greased bowl, cover with a damp cloth, and let it rise in a warm place for 1 hour, or until doubled in size.

**Prep Time:** 60 mins

**Cook Time:** 0 mins

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## Step 5

### Shaping

Punch down the dough and divide it into 10 equal portions. Shape each portion into a bun.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 6

### Resting

Place the buns on a baking sheet lined with parchment paper. Cover with a damp cloth and let them rise for another 30 minutes.

**Prep Time:** 30 mins

**Cook Time:** 0 mins

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## Step 7

### Preheating

Preheat the oven to 180°C (350°F).

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 8

Baking

Bake the buns for 20 minutes, or until golden brown.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 3 g

**Protein:** 8 g

**Carbohydrates:** 47 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	47 g	85.45%	94%
Fibers	6 g	15.79%	24%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	240 mg	10.43%	10.43%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	180 mg	5.29%	6.92%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Events

Christmas

Barbecue

### Course

Breads

Snacks

### Cooking Method

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Curing

Blending

Grinding

Freezing

Canning

Drying

Pickling

Sous Vide

Pasteurizing

### Meal Type

Brunch

Supper

### Difficulty Level

Medium

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