# LOW CARB HAMBURGER BUN

MANILDRA GROUP USA

*Stepping up the low-carb burger game!*

## INGREDIENTS

- 65% Water
- 58% FiberGem
- 21% **GemPro HPG**
- 21% **GemPro Prime-E**
- 7% Vegetable Oil
- 2% Allulose
- 1.7% Dry Yeast
- 1.2% Vinegar
- 1% **GemPro Max**
- 1% Cultured Wheat Starch
- 1% Salt
- 0.2% Guar Gum

## PREP TIME

- Prep | 2 hrs
- Cook | 12 m
- Ready in | 2.5 hrs
- Duration | 5 days

## PROCEDURE

**01** Scale dry ingredients together, and combine with wet ingredients in mixing bowl. Mix on low for 2 min, increase to high until fully developed, approx. 6 min.

**02** Remove dough from mixer and let rest on bench top for 10 minutes, covered. Scale to desired weight and round into small balls. Rest for 10 minutes then sheet to 1/2" thickness.

**03** Place sheeted dough pieces into lightly greased bun pan dwellings. Proof for 45-55 minutes.

**04** Bake at 400°F for 15 minutes. Depan and cool on wire rack for 25 minutes before bagging.