



LOW CARB HAMBURGER BUN



Stepping up the low-carb burger game!

INGREDIENTS

- 70% Water
- 61% FiberGem
- 25% GemPro HPG
- 14% GemPro Prime-E
- 7% Vegetable Oil
- 2.5% Vinegar
- 2.5% Salt
- 2% Liquid Allulose
- 1.8% Dry Yeast
- 0.5% Sunflower Lecithin
- 0.12% Guar Gum
- 0.04% Enzyme
- 0.01% Ascorbic Acid

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 1 min, increase to medium until fully developed.

02

Remove dough from mixer and let rest on bench top for 15 minutes, covered. Scale to desired weight and round into small balls. Rest for 10 minutes.

03

Lightly grease bun pan, and flatten dough balls to 1/2" thickness inside of pan dwellings. Proof for 45-55 minutes.

04

Bake at 420°F for 12 minutes. Depan and cool on wire rack for 25 minutes before bagging.