

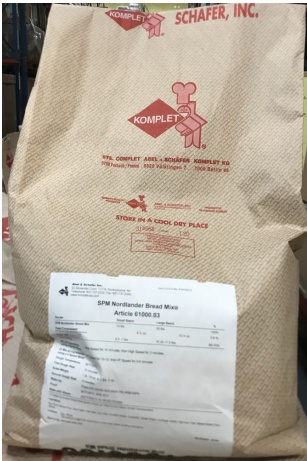


A & S

30976 - Spm Norlander Bread Mix

Description: Create traditional breads of northern Europe with sunflower seeds and a dark, malty interior. Perfect for pan breads, rolls and hearth breads.

Usage Level: Add water and yeast according to the recipe on the bag label.



Nutrition Facts

Servings per Container 1  
Serving size 100.0g (100g)

Amount per serving  
Calories 360

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat	
Cholesterol 15mg	5%
Sodium 790mg	34%
Total Carbohydrate 61g	22%
Dietary Fiber 8g	29%
Total Sugars 2g	
Includes 0g Added Sugar	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2mg	11%
Potassium 217mg	5%

\* 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.

Benefits

Description: Create traditional breads of northern Europe with sunflower seeds and a dark, malty interior. Perfect for pan breads, rolls and hearth breads.  
Usage Level: Add water and yeast according to the recipe on the bag label. SPM Norlander Bread Mix is a coarse powder with visible seeds, dark brown in color, and has a sour, malty aroma. Ingredients are rye flour, wheat flour, rye flakes, rye malt, soy grits, cracked wheat, flaxseeds, wheat gluten, sunflower seeds, rye sour, salt, malted barley flour, and spices.  
Physical Specifications:

Ingredients

Rye Flour, Wheat Flour, Rye Flakes, Rye Malt, Soy Grits, Cracked Wheat, Flaxseeds, Wheat Gluten, Sunflower Seeds, Rye Sour, Salt, Malted Barley Flour, Spices.

Allergens

Contains:

soy wheat

Free From:

crustaceans eggs fish milk  
peanuts tree nuts

Handling Suggestions

Shelf Life: Store for up to 12 months in a cool, dry environment at 20C/68F.

Serving Suggestions

Usage Level: Add water and yeast according to the recipe on the bag label.

Prep & Cooking Suggestions

Usage Level: Add water and yeast according to the recipe on the bag label.

Product Specifications

Brand	Manufacturer	Product Category
A & S	Abel & Schafer Inc	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	61000.03	30976	00715803000934		1/25 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
25.45lb	25lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
24in	15in	4in	0.83ft3	5x16	273days	60°F / 77°F





A & S  
30976 - Spm Norlander Bread Mix

Description: Create traditional breads of northern Europe with sunflower seeds and a dark, malty interior. Perfect for pan breads, rolls and hearth breads.  
Usage Level: Add water and yeast according to the recipe on the bag label.



Nutrition Analysis - By Measure

Calories	360	Total Fat	7g	Sodium	790mg
Protein	17	Trans Fats		Calcium	50mg
Total Carbohydrates...	61g	Saturated Fat	1g	Iron	2mg
Sugars	2g	Added Sugars	0g	Potassium	217mg
Dietary Fiber	8g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	15mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

