



Komplet

# 31185 - Wheat & Honey Bread Mix



Description: Wheat & Honey Bread & Roll Mix is a mixture of rolled oats, barley, wheat and sunflower seeds with just the right amount of honey.

Suggested Application: Use Wheat & Honey Bread & Roll Mix to make a variety of breads and rolls. Add dried fruit or raisins to make tasty Muesli breads.



## Nutrition Facts

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

Amount per serving  
**Calories 360**

% Daily Value\*

Total Fat 4g 5%  
Saturated Fat 0.5g 3%  
Trans Fat

Cholesterol 0mg 0%

Sodium 690mg 30%

Total Carbohydrate 67g 24%

Dietary Fiber 5g 18%

Total Sugars 2g

Includes 1g Added Sugar 2%

Protein 13g

Vitamin D 0mcg 0%

Calcium 45mg 3%

Iron 2mg 11%

Potassium 178mg 4%

\* 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

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Ingredients: Wheat Flour, Barley Flakes, Rolled Oats, Organic Corn Grits, Sunflower Seeds, Salt, Sesame Seeds, Flaxseeds, Dried Wheat Sour Dough, Rye Flakes, Dried Honey, Soy Grits, Hemp Flour, Rolled Wheat Flakes, Rye Flour, Rye Sour, Malted Barley Flour, Rye Malt, Pregelatinized Wheat Starch, Lecithin, Spices, Ascorbic Acid, Enzymes, Guar Gum.

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### ⚠ Allergens

#### Contains:

soy wheat

#### Free From:

crustaceans eggs fish milk  
 peanuts tree nuts

### Handling Suggestions

Store in dry cool environment

### Serving Suggestions

Bread & Roll Mix

### Prep & Cooking Suggestions

Follow bag label recipe and bake

### 📄 Product Specifications

Brand	Manufacturer	Product Category
Komplet	Abel & Schafer Inc	Bread & Roll Mix

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	61032.01	31185	00715803000859		1/50 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
50.7lb	50lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
26in	16in	5in	1.2ft3	5x8	273days	60°F / 77°F



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## Nutrition Analysis - By Measure

Calories	360	Total Fat	4g	Sodium	690mg
Protein	13	Trans Fats		Calcium	45mg
Total Carbohydrates...	67g	Saturated Fat	0.5g	Iron	2mg
Sugars	2g	Added Sugars	1g	Potassium	178mg
Dietary Fiber	5g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		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

