



Komplet  
31202 - 6 Grain Bread Mix

Description: Oats, wheat, corn, barley millet & rye combine for a crunchy texture enhanced with flax & sesame seeds.

Suggested Application: Use Choice 6 Grain to make grain breads and rolls. The simple addition of raisins, nuts and a little bit of honey creates a unique flavor.



Nutrition Facts

Servings per Container 1100  
Serving size 100.0g (100g)

Amount per serving  
Calories 350

% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat	
Cholesterol 0mg	0%
Sodium 740mg	32%
Total Carbohydrate 67g	24%
Dietary Fiber 7g	25%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 2mg	11%
Potassium 171mg	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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Choice 6 Grain Bread mix has a grains and seeds appearance, dark in color, and has a lightly sour and cereal like aroma.

Ingredients

Wheat Flour, Rye Flour, Rye Flakes, Sesame Seeds, Flaxseeds, Corn Grits, Crushed Barley, Crushed Oats, Rye Sour, Cracked Wheat, Salt, Rye Malt, Rolled Wheat Flakes, Millet, Malted Barley Flour, Spices, Ascorbic Acid, Enzymes.

⚠ Allergens

Contains:



wheat

Free From:



crustaceans



eggs



fish



milk



peanuts



soy



tree nuts

Handling Suggestions

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

Serving Suggestions

Bread Mix

Prep & Cooking Suggestions

Follow recipe on bag label and bake accordingly.

📄 Product Specifications

Brand	Manufacturer	Product Category
Komplet	Abel & Schafer Inc	Bakery Mixes, Other

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	61020.01	31202	00715803000842		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	350	Total Fat	4.5g	Sodium	740mg
Protein	12	Trans Fats		Calcium	57mg
Total Carbohydrates...	67g	Saturated Fat	0.5g	Iron	2mg
Sugars	1g	Added Sugars	0g	Potassium	171mg
Dietary Fiber	7g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
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

