



A & S

6112501 - Whole Grain Spelt Bread Mix

Vital Choice Whole Grain Spelt Bread Mix is a 100% Whole Grain Spelt Flour blend enhanced with apple fiber and sunflower seed. Makes rich, full-textured European bread with high nutritional value.



Nutrition Facts

Servings per Container 113
Serving size 100.0g (100g)

Amount per serving
Calories 360

% Daily Value*

Total Fat	7g	9%
Saturated Fat	0.5g	3%
Trans Fat		
Cholesterol	0mg	0%
Sodium	800mg	35%
Total Carbohydrate	62g	23%
Dietary Fiber	5g	18%
Total Sugars	7g	
Includes 1g Added Sugar		2%
Protein	14g	
Vitamin D	0mcg	0%
Calcium	43mg	3%
Iron	2mg	11%
Potassium	239mg	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

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Prepared Spelt Flour
Organic Spelt Flour with seeds and grains
Kosher
Contains No Lightly Sweet
Ingredients: Whole Grain Spelt Flour, Organic Spelt, Sunflower Seeds, Apple Fiber, Apple Flak Powder, Sea Salt, Guar Gum, Dried Honey, Acacia Gum, Whole Wheat Flour, Xanthan Gum, Malted Barley Flour, Pregelatinized Wheat Starch, Lecithin, Enzymes, Ascorbic Acid.

Ingredients

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⚠ 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
A & S	Abel & Schafer Inc	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	61125.03	6112501	00715803028570		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



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Nutrition Analysis - By Measure

Calories	360	Total Fat	7g	Sodium	800mg
Protein	14	Trans Fats		Calcium	43mg
Total Carbohydrates...	62g	Saturated Fat	0.5g	Iron	2mg
Sugars	7g	Added Sugars	1g	Potassium	239mg
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

