

BREAD, SEEDED SOURDOUGH

Our mildly tangy sourdough with the addictive addition of poppy, sesame and fennel seeds makes unbelievable toast!



ITEM #: 9831 | NET WT: 14oz | PACK SIZE: 15/case

INSTRUCTIONS:

- Keep bread frozen until needed.
- When ready, remove breads for daily production, place loaves on parchment paper/pan and allow to THAW at room paper temperature for 1-2 hours.
- Pre-heat oven to 375 degrees.
- Bake 5-10 minutes until crust is refreshed & product is warm throughout.
- Allow bread to cool completely before moving to bread station.
- At the end of the day, pull all unsold bread. Place into a poly bag & seal.
- Merchandise the next morning in poly bag on a shelf or table.
- Do not place the "day-old" bread on your bread bar!



BAKING TEMPERATURE 375°

BAKE TIME 5-10 MINUTES

THAW, PREP & BAKE

INGREDIENTS:

Flour (wheat flour, malted barley flour), water, contains less than 2% of each of the following: sea salt, sesame seeds, poppy seeds, fennel seeds and dried yeast. Contains Wheat. Made on shared equipment with Milk, Egg and Tree Nuts. Made in a facility that processes peanuts.

BAKE THE PERFECT LOAF:

Take into account that oven temperatures will vary. Watch closely until you have the suitable time and temperature for baking the perfect loaf!



Perfectly Baked



Overly Baked

Nutrition Facts

Serving Size 2oz (57g/1-1/4in slice)
Servings Per Container 7

Amount Per Serving		% Daily Value*	
Calories	130	Calories from Fat	5
Total Fat	.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	310mg		13%
Total Carbohydrate	28g		9%
Dietary Fiber	1g		4%
Sugars	0g		
Protein	5g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

For more information, serving suggestions and recipes, contact Companion Customer Care at:

314.352.4770 | customer care@companionstl.com | companionbaking.com