

BREAD, PUMPKIN SUNFLOWER

Our country bread made with organic whole wheat flour and the addition of sunflower seeds and toasted pumpkin seeds. Might just be the foundation for the best turkey sandwich in the land.



BAKING TEMPERATURE 375°

BAKE TIME 5-10 MINUTES

THAW, PREP & BAKE

ITEM #: 9852 | 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!

INGREDIENTS:

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

SERVING SUGGESTIONS:

Makes for a great bread pudding or the best toast ever, with a drizzle of honey or smear of jam.

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

Amount Per Serving		Calories from Fat 45	
Calories 170			
		% Daily Value*	
Total Fat	5g		7%
Saturated Fat	.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	280mg		12%
Total Carbohydrate	26g		9%
Dietary Fiber	2g		8%
Sugars	2g		
Protein	6g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	6%

*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