



— *organic* —

PUMPER- NICKEL FLOUR

Our organic pumpernickel flour has all the bran, all the germ, all the fiber and mineral goodness, and all the taste of rye. Pumpernickel (also called whole rye) is the rye equivalent of whole wheat flour.



Ⓢ NET WT 48 OZ (3 LBS) 1.36kg

DARK PUMPERNICKEL-ONION LOAF

1 cup Organic Pumpernickel Flour
2 1/4 cups King Arthur Unbleached
All-Purpose Flour
1/4 cup potato flour
2 tablespoons non-diastatic malt powder
(or brown sugar)
1 teaspoon Deli Rye Flavor, optional

2 tablespoons minced dried onions
1 1/2 teaspoons salt
1 tablespoon powdered caramel
color, optional
2 teaspoons instant yeast
1 1/2 cups water

Nutrition Facts

Serving Size about 1/4 cup (30g)

Servings Per Container about 45

Amount Per Serving

Calories 100 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 23g **8%**

Dietary Fiber 5g **20%**

Sugars 0g

Protein 3g

Vitamin A 0% • **Vitamin C** 0%

Calcium 0% • **Iron** 4%

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

Combine ingredients, and mix and knead until smooth, adding additional water or flour as needed to make a soft, smooth dough.

Turn out onto a lightly oiled surface and form into an oval; cover and let rise until almost doubled, 1 1/2 to 2 hours. Brush with water or egg white, sprinkle with seeds if desired and slash diagonally in several places.

Bake in a preheated 425°F oven for 18 to 22 minutes, until an instant-read thermometer reads 190°F to 200°F.

Yield: 1 loaf.

Store cool and dry.

INGREDIENTS: ORGANIC WHOLE RYE FLOUR.
CONTAINS: WHEAT

KING ARTHUR FLOUR | NORWICH, VERMONT 05055
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Certified Organic by Vermont Organic Farmers

Produced on equipment that also processes eggs, milk, soy, almonds, hazelnuts, pecans, walnuts, and coconut.



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Do not eat raw flour, dough or batter.

