



— *Norwich, Vermont* —

ORGANIC RYE CHOPS

Give rye a try! These coarsely chopped, nutritious rye berries add satisfying crunch and hearty, nutty flavor to rye and pumpernickel recipes. Excellent in all whole grain breads, too.



NET WT 32 OZ (2 LB) 907g

RYE BREAD WITH RYE CHOPS

Nutrition Facts

Serving Size 1/4 cup (37g)

Servings Per Container 24

Amount Per Serving

Calories 130 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 28g **9%**

Dietary Fiber 6g **24%**

Sugars 0g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

Thiamin 8% • Riboflavin 6%

Niacin 8% • Folate 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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated 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

1 3/8 to 1 5/8 cups water
1 tablespoon vegetable oil
3/4 cup pumpernickel flour
2 1/4 teaspoons instant yeast
1 3/4 teaspoons salt
2 1/2 cups King Arthur
Unbleached Bread Flour
1 tablespoon vital wheat gluten
or King Arthur Whole-Grain
Bread Improver
1/2 cup rye chops

Begin with the smaller amount of water and mix and knead all ingredients, – by hand, mixer or bread machine – until you have a fairly smooth, slightly sticky dough. Add more water, a bit at a time if needed. Place dough in an oiled bowl, cover, and let rise until doubled in bulk, about 1 hour.

Gently deflate dough, knead briefly, and shape into an oval. Place loaf on a greased or parchment-lined baking sheet, cover, and let rise until almost doubled, about 1 hour. Gently slash the top of the loaf in two or three places just before baking.

Bake in a preheated 375°F oven until browned and an instant-read thermometer inserted into center reads 190°F-200°F, 40-45 minutes. Don't under bake, or the bread will be gummy. Cool on a wire rack.

Yield: 1 loaf.



**DO NOT EAT RAW MIX,
DOUGH, OR BATTER.**

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INGREDIENTS: Organic Rye.

THE KING ARTHUR FLOUR COMPANY, INC.
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800 827 6836 | KingArthurFlour.com

Certified Organic by Vermont Organic Farmers

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

