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.
Nutrition Facts

24 servings per container
Serving size 1/4 cup (37g)

Amount per serving
Calories 130

% Daily Value*
Total Fat 0.5g 1%
- Saturated Fat 0g 0%
- Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 28g 10%
- Dietary Fiber 6g 21%
Total Sugars 0g
Includes 0g Added Sugars 0%
Protein 4g

*The % Daily Value 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.

INGREDIENTS: Organic Rye.

CONTAINS: Wheat.

THE KING ARTHUR FLOUR COMPANY, INC.
NORWICH, VERMONT 05055
800 827 6836 | KingArthurFlour.com

Certified Organic by Vermont Organic Farmers.

Store cool and dry.

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

DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.

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OUR RECIPE FOR
RYE BREAD
WITH RYE CHOPS

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 Organic 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 to 200°F, 40 to 45 minutes. Don’t underbake, or the bread will be gummy. Cool on a wire rack.

Yield: 1 loaf.