



— *organic* —

# PUMPER- NICKEL FLOUR

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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.

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Ⓢ NET WT 48 OZ (3 LBS) 1.36kg

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# Nutrition Facts

45 servings per container  
Serving size 1/4 cup (30g)

Amount per serving

**Calories** 100

% Daily Value\*

**Total Fat** 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 21g 8%

Dietary Fiber 7g 25%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1.5mg 8%

Potassium 220mg 4%

\*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 Whole Rye Flour.

**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

## DARK PUMPERNICKEL- ONION LOAF

- 1 cup King Arthur 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
- 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

Combine all ingredients and mix until cohesive. Allow to rest for 30 minutes, then knead until dough is elastic though still sticky, 5 to 10 minutes. Let rise, covered, for 1 to 2 hours.

Turn out onto a lightly oiled surface and form into an oval; cover and let rise until 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.

Let cool completely before slicing.

**Yield:** 1 loaf.