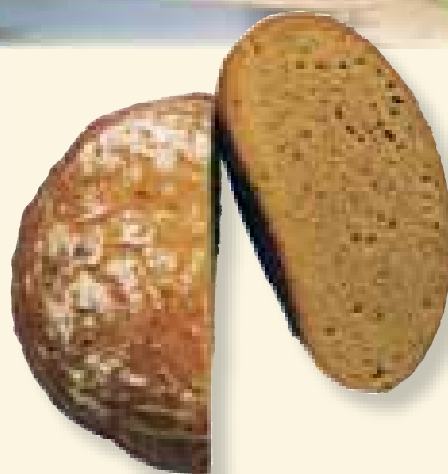




# Alpine Bread

## Nutrition Facts

Serving size 1 slice (88g)  
Serving per Container 12 slice



**Produced by**  
**Backmulde Berger**  
Pfarrgasse 4  
4142 Hofkirchen/Austria  
Tel. +43 7285 224  
Fax: +43 7285 224 4  
www.backmulde.at

**Product of Austria**

### Ingredients

Rye flour (no adds), wheat flour (no adds), sea salt, spices, dough acidifier (milk acid, sodium acetat, citric acid), palm oil + glucose, sourdough (dried)

### Shelf-life

9 month from date of production  
store in a cool dry Place

**NET WT. 44,2 lbs. (20 kg)**

Amount per Serving	
<b>Calories:</b> 170    Calories from Fat: <b>9</b>	
<b>% Daily Value*</b>	
<b>Total Fett 1 g</b>	<b>2%</b>
Saturated Fat 0 g	<b>0%</b>
<b>Cholesterol 0 mg</b>	<b>0%</b>
<b>Sodium 390 mg</b>	<b>16%</b>
<b>Total Carbohydrate 56 g</b>	<b>19%</b>
Dietary fiber 4 g	<b>16%</b>
Sugars 0 g	
<b>Protein 8g</b>	
Vitamin A	<b>0%</b>
Vitamin C	<b>0%</b>
Calcium	<b>2%</b>
Iron	<b>2%</b>

\* Percent Daily Values are based on a 2.000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs.

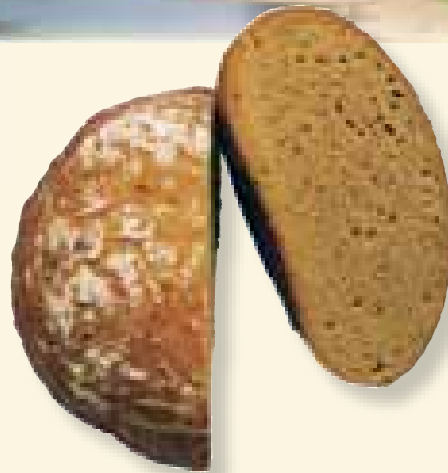
	Calories 2000	2500
Total Fett	Less than 65 g	80 g
Sat Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300mg
Sodium	Less than 2400 mg	2400mg
Total Carbohydrate	Less than 300 g	375 g
Dietary Fiber	25 g	30 g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4





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## Basic-Recipe:

<b>Bread Mixture</b>	<b>44,20 lbs. / 20,00 kg</b>
<b>Yeast</b>	<b>1,10 lbs. / 0,50 kg</b>
<b>Water</b>	<b>3,96 gal. / 15,00 L</b>
<b>Dough weight</b>	<b>78,26 lbs. / 35,50 kg</b>

**Recipe:** Calculated for 44.2 lbs. (20 kg) of „Alpine Bread Mixture“.

Place 44.2 lbs. (20 kg) of the „Alpine Bread Mixture“ in a mixer. Then add 3,96 gal (15.00 L) of water and 1.10 lbs (0.50 kg) of yeast. Mix the dough for 12 minutes (10 min on low speed, 2 min on high speed).

The temperature of dough should reach 77—80.6° F.

Let the dough rest for 20 min and then shape the bread according to your needs.

## Variations:

you can form loaves of 6.6 lbs. weight or down to 2.21 lbs.

each, always accommodating to the structure of your oven or customers' wishes.

The bread shaper should be well dried and dusted with a thin layer of rye-flour and fennel seeds.

After shaping the dough, let it rest for another 30 min. Place the loaves into the oven making sure, that the surface with the fennel seeds is on top.

Preheat the oven to 500° F. After 3 min let humidity flow in, stopping vapour after 2 min. Open oven door again and bake at 356-392°F. until loaves are ready. Bake time: 2.21 lbs. loaves approx. 60 min, 6.6 lbs. loaves up to 1 hr, 40 min.

**Backmulde Bread Mixture** is a special bread-mixture for a light bread after a traditional austrian recipe. Well fitted spice-components give this special bread its typical aromatic taste. This mixture is absolutely suitable for a reliable and rational production of well tasting bread.

