

## Bill's Bread Nutritional Analysis

### Modified Recipe for 10% Calories from Fat

Quant	Ingredient	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%RDA)	Vitamin C (%RDA)	Calcium (%RDA)	Iron (%RDA)
6 T	Unsweetened Apple Sauce	38				4	74	11	2	8		2%	2%		2%
2 T	Malt Extract	262				12	278	62		50	5			4%	5%
1 ½	Cup Water														
400 g	Whole Wheat Flour	1,356	64	8		20	1,486	292	48		56			12%	88%
60 g	Dark Rye Flour	220	20	2			438	42	14	2	8			4%	20%
60 g	Millet Flour	220	22	2		4	117	44	8		6				10%
None	Flax Meal or Flax Flour														
60 g	Vital Wheat Gluten	240	10	1		18	60	12			46			8%	18%
1 1/2 Tsp	Lecithin	26	18	2	1		60	0							
1/4 tsp	Ascorbic Acid												2083%		
2 tsp	Active Dry Yeast	40	10	1			213	10	4				60%		8%
2 T	Caraway Seeds	44	18	2	0	2	181	7	5	0	3	1%	4%	10%	12%
1 T	Flax Seeds	53	33	4	0	3	73	4	3		2			2%	3%
4 T	Millet	180	20	2			98	36	8		6				8%
3 T	Raw Sunflower Seeds	113	75	8	2		160	5	2		5			3%	6%
<b>Total per 2 1/2 Pound Loaf</b>		<b>2,792</b>	<b>290</b>	<b>32</b>	<b>2</b>	<b>63</b>	<b>3,238</b>	<b>525</b>	<b>93</b>	<b>60</b>	<b>137</b>	<b>2%</b>	<b>2149%</b>	<b>43%</b>	<b>180%</b>
Per 2 Oz Slice		140	15	2	0	3	162	26	5	3	7	0%	107%	2%	9%
Per 3 Oz Slice		209	22	2	0	5	243	39	7	4	10	0%	161%	3%	13%
Per 4 Oz Slice		279	29	3	0	6	324	53	9	6	14	0%	215%	4%	18%
% Cal from Fat			10%												

### Original Recipe 17% Calories from Fat

Quant	Ingredient	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%RDA)	Vitamin C (%RDA)	Calcium (%RDA)	Iron (%RDA)
6 T	Unsweetened Apple Sauce	38				4	74	11	2	8		2%	2%		2%
3 T	Malt Extract	262				12	278	62		50	5			4%	5%
1 ½	Cup Water														
400 g	Whole Wheat Flour	1,356	64	8		20	1,486	292	48		56			12%	88%
40 g	Dark Rye Flour	147	13	1			438	28	9	1	5			3%	13%
40 g	Millet Flour	147	15	2		3	117	29	5		4				7%
40 g	Flax Meal or Flax Flour	185	123	14	2		272	12	12		9			6%	12%
60 g	Vital Wheat Gluten	240	10	1		18	60	12			46			8%	18%
1 T	Lecithin	105	72	8	2		240	1							
1/4 tsp	Ascorbic Acid												2083%		
2 tsp	Active Dry Yeast	40	10	1			213	10	4				60%		8%
2 T	Caraway Seeds	44	18	2	0	2	181	7	5	0	3	1%	4%	10%	12%
3 T	Flax Seeds	160	100	11	1	10	218	11	9		6			6%	10%
3 T	Millet	135	15	2			73	27	6		5				6%
3 T	Raw Sunflower Seeds	113	75	8	2		160	5	2		5			3%	6%
<b>Total per 2 1/2 Pound Loaf</b>		<b>2,970</b>	<b>515</b>	<b>57</b>	<b>6</b>	<b>69</b>	<b>3,811</b>	<b>508</b>	<b>102</b>	<b>59</b>	<b>144</b>	<b>2%</b>	<b>2149%</b>	<b>52%</b>	<b>187%</b>
Per 2 Oz Slice		148	26	3	0	3	191	25	5	3	7	0%	107%	3%	9%
Per 3 Oz Slice		223	39	4	0	5	286	38	8	4	11	0%	161%	4%	14%
Per 4 Oz Slice		297	52	6	1	7	381	51	10	6	14	0%	215%	5%	19%
% Cal from Fat			17%												