

# SPROUTED

WHITE SPRING WHOLE GRAIN FLOUR

## IDEAL APPLICATIONS INCLUDE:

Breads	Tortillas	Crackers
Buns	Pizza crusts	Breakfast breads
Bagels	Pasta	Snacks & cereal bars



## ANALYTICAL SPECIFICATIONS

	Min	Max
Ash @ 14% moisture	1.3	1.9
Moisture		14.0
Protein @ 14% moisture	12.0	
Falling Number	200	300

## SIFTING SPECIFICATIONS

	Min	Max
Wire-18		2.0
Wire-30		2.5
Wire-40		15.0
Wire-70		45.0
Wire-PAN	35.0	

## NUTRITIONAL DATA (per 100g)

Nutrients	
Calories, Kcal	327.00
Carbohydrate, g	72.10
Protein, g	14.10
Total dietary fiber, g	12.60
Sugars, g	3.60
Total fat, g	2.42
Ash, g	1.60
Vitamins	
Vitamin E, mg	4.43
Niacin, mg	1.28
Vitamin B6, mg	0.58
Thiamine, mg	0.35
Riboflavin, mg	0.18
Minerals	
Phosphorous, mg	330.00
Magnesium, mg	160.00
Calcium, mg	46.00
Zinc, mg	5.75
Sodium, mg	4.00
Iron, mg	3.08
Copper, mg	.45

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[ArdentMills.ca](http://ArdentMills.ca)

# SPROUTED

WHITE SPRING WHOLE GRAIN FLOUR

Join the  
sprouted  
revolution  
with a trusted  
national partner

Ardent Mills™ has joined Cargill® Malt to deliver a consistent, reliable high-functioning sprouted whole grain — enabling you to formulate the sprouted products consumers are demanding!





# SPROUTED

## WHITE SPRING WHOLE GRAIN FLOUR

Ardent Mills™ sprouted white spring whole grain flour is an innovative whole grain flour both consumers and bakers will love.



It starts with a carefully selected variety of white spring whole grain.



The wheat is then steeped for a precise amount of time at a precise temperature.



During steeping, the wheat kernels germinate or sprout.



Next, a gentle roasting step stops germination.



And finally, the sprouted wheat is milled into whole grain flour.

## The sprouted difference

### EVOLVING CONSUMER

As whole grain awareness and acceptance continues to grow across many different channels and consumer segments, customers are seeking more diversity in their whole-grain options. Products made with sprouted whole grain can address those evolving needs perfectly while tapping into an emerging trend.

### BETTER BAKE PERFORMANCE

The act of sprouting actually improves bake performance. Ardent Mills sprouted white spring whole grain flour performed better than its non-sprouted counterpart on several important baking measurements — loaf volume, proof times and dough stability.

### BETTER TASTE

Ardent Mills recently completed a study to understand what drives liking and disliking of whole grain flour. While the characteristics that drive liking and disliking can vary depending on specific consumer segments, we know of two nearly universal truths. Liking is increased when:

- Sweetness is elevated
- Bitterness is reduced

Bread baked with Ardent Mills sprouted white spring whole grain flour possesses these characteristics to a greater degree (statistically significant) than its non-sprouted counterpart.\* In other words:

## Sprouting can improve taste!

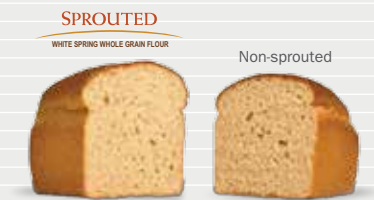
\*Whole grain Drivers of Liking Central Location Test with Adults and Children (K-12), 2013. By: Ardent Mills & North Carolina State University.

# Better volume, less proofing and greater stability

### INCREASED LOAF VOLUME

100% whole grain breads baked with Ardent Mills sprouted white spring whole grain flour resulted in up to 12% greater loaf volume versus its non-sprouted whole grain flour counterpart.\*

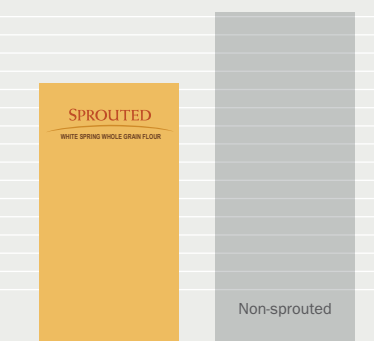
Up to 12% Increase in Loaf Volume



### DECREASED PROOF TIMES

Proof times decreased by 10% when Ardent Mills sprouted white spring whole grain flour was used to bake 100% whole grain bread.\* Why? This benefit is brought about by the sprouting and kilning processes. First, the sprouting process increases the levels of enzymes, which break down flour components such as starch into simple and complex sugars. During bread fermentation, these sugars nourish the yeast, enabling it to produce more gas to leaven the dough. Secondly, the sprouting and kilning processes naturally mature flour, which appears to improve the dough's ability to retain the gas produced. The result is a 10% decrease in proof times in 100% whole grain bread doughs.

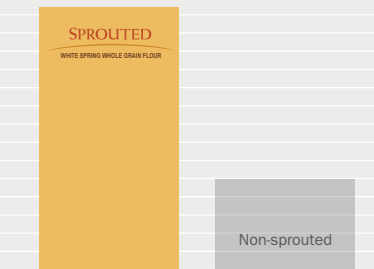
10% Decrease in Proof Times (min)



### INCREASED FLOUR STABILITY

A flour's ability to tolerate abuse is very important to bakers. Farinographs are tools used to measure a flour's ability to tolerate abuse it may encounter during production. Ardent Mills sprouted white spring whole grain flour tolerated abuse (defined as dough stability in minutes) more than its non-sprouted white spring whole grain dough counterpart, with dough stability increasing from 6.7 to 11.7 minutes, a 56% increase.\*

56% Increase in Flour Stability (min)



\*Based on Ardent Mills Bake Lab results.

