



## Sustagrain® Sampler (Three 2-lb Bags)

### Sample Pack

#### # Of Servings In Sample

A total of six pounds will be shipped. As the ultimate "Sneaky Food," mix your samples into these application suggestions.

#### Applications

A very fine barley flour with neutral flavor – ideal when smooth consistency is required. Use it for breads, hot and RTE cereals, snacks, baked goods, energy bars, soups, pastas, tortillas and wraps, and meat dishes.

### Sustagrain® Flour

### Sustagrain® Flakes

### 21<sup>st</sup> Century Toasted, Sweetened Sustagrain® Flakes

#### Frozen or Dry

All flours will be shipped to you dry.

#### States or Regions Available

All Sustagrain samples are available on a national basis.

### Nutritional Information

Calories (per 100g)  
Protein Content (per 100g)  
Fat Content (per 100g)  
Carbohydrates (per 100g)  
Cholesterol (per 100g)  
Fiber (per 100g servings)  
Soluble Fiber (per 100g)  
Minerals  
Vitamins

390
18g
6.5g
64.3g
0g
30g (Beta Glucan is 15g)
12g
Potassium 452mg, Zinc 2.8gm, Iron 3.6mg, Calcium 33mg
Vitamin A 0 IU, Vitamin C 0mg, Thiamin 0.6mg, Riboflavin 0.3mg, Niacin 4.6mg

### Manufacturer & Contact Information

#### Manufacturer Company Address

ConAgra Mills  
11 ConAgra Drive, Omaha NE, 68102

#### Main Telephone #

(800) 851-9618

#### Website Address

[www.conagoramills.com](http://www.conagoramills.com)

#### Sales & Sample Contact

Order Sustagrain through your local distributor, or contact J.M. Swank at (800) 593-6375, ext. 5907, or [www.jmswank.com](http://www.jmswank.com)

# Students don't need to know their meals just got healthier.

Boost fiber and whole grains the easy way with Sustagrain®.

Increase the health benefits of all your meals and snacks with ConAgra Mills Sustagrain flour and flakes, the ultra high-fiber whole grain. As a partial replacement for flour and oats, all-natural Sustagrain boosts the nutrient density and fiber content of your baked goods, hot cereals, snacks, toppings, fillings and meat dishes. It's easy! The microfine texture of Sustagrain assures it won't be noticed by students so you can incorporate it into your existing recipes. With 3 times the fiber of oats, Sustagrain is the unexpected way to boost nutrition in the foods your students already love.



Desserts



Breads



Hot Cereals



Meat Extenders



Bars



Toppings



Snacks

Order Sustagrain through your local distributor, or contact J.M. Swank at (800) 593-6375, ext. 5907 or [www.jmswank.com](http://www.jmswank.com).



# Toasted, sweetened Sustagrain® flakes—ready to go.



As an ingredient or topping, our delicious, toasted and sweetened flakes boost fiber and add a healthy crunch to everything from bars to yogurt. Request the Sustagrain Sample Pack to try this product. Call (816) 994-7600 or visit [www.21stcenturygrain.com](http://www.21stcenturygrain.com).



21st  
CENTURY  
**GRAIN**  
PROCESSING

**CUSTOM INGREDIENTS. INNOVATIVE IDEAS.®** *Clusters | Custom Coated Grains | Wheat | Corn | Oats*

**Feed Kid's Whole Grain, It's Easy!**



**J.M. Swank is proud to be  
a national distributor for  
*Ultragrain® White Whole  
Wheat Flour & Sustagrain*  
products.**



Call us direct for samples and pricing  
Ingredient Marketing (866) 717-9265



**J.M. SWANK COMPANY**



## Sustagrain<sup>®</sup> Barley: Whole Grain Goodness and a Whole Lot More

### What Is Sustagrain?

ConAgra Mills<sup>®</sup> Sustagrain Barley is a proprietary, identity-preserved, waxy, hulless barley variety. It offers flexibility, functionality and special nutritional benefits for product developers who are formulating to meet pressing health and wellness concerns. With dietary fiber making up more than 50% of its carbohydrates—and 40% of that in the form of cholesterol-lowering soluble fiber—Sustagrain can be a potent tool for heart health. In fact, the U.S. Food and Drug Administration has approved a heart-health label claim for soluble fiber from barley foods.

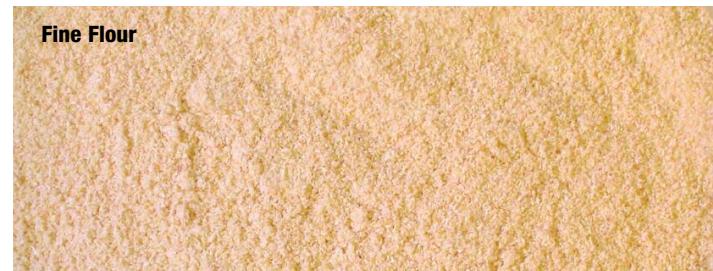
### Digestive Health, Low GI

Sustagrain's benefits go beyond the heart. Whole grain fiber is key for digestive health, blood sugar management and

increased satiety, and with two to seven times the fiber of other cereal grains, Sustagrain is even more beneficial. When it comes to glycemic index (GI), high-fiber, low-starch Sustagrain ranks among the lowest of commercially available grains, smoothing out spikes in blood glucose and insulin responses that may play a role in the development of Type 2 diabetes.

### Functionality to Fit Your Formulation

Sustagrain is a superior choice for whole grain and high-fiber applications, and is available as a fine flour and quick flakes. Sustagrain boosts the fiber in breads, rice blends, hot and ready-to-eat (RTE) cereals, baked goods, bars, and more. For technical assistance in formulating with Sustagrain, call (402) 595-4282.



Applications	Benefits			
	Whole Barley	Whole Oats	Whole Wheat	Sustagrain
Breads	2-7 Times More Fiber			✓
Side Dishes	Highest Level of Soluble Fiber			✓
Baked Goods	Half the Starch			✓
Hot Cereals	Increased Satiety			✓
Cereal/Energy Bars	Improves Gastrointestinal Health	✓	✓	✓
Soups	Lowers Cholesterol	✓	✓	✓
Nutraceuticals	High in Natural Antioxidants	✓	✓	✓
Pastas	Lowest Glucose and Insulin Responses			✓
Tortillas				

# Sustagrain® Barley

**Physical Properties:** Sustagrain is available as a fine flour and quick flakes. It is tannish-brown in color.

**Storage:** Store this flour in a clean, cool and dry area. Recommended storage conditions are < 75 degrees F and > 70 percent relative humidity.

**Shelf Life:** 12 months

**Bag Code Identification:** ConAgra Mills codes all bagged flour. Each bag is identified with the origin mill, month, day, year and shift packed.

**Kosher Status**  : Rabbinical Authority: Kof-K.  
Kosher Certification: Parve.



**Packaging:** Available in 50-lb., multi-wall paper bags and tote sacks.

**Information and Services:** For a list of distributors in your area or for any other assistance, please call (800) 851-9618.

**Nutritional Properties:** Sustagrain is a high-fiber whole grain made from a proprietary, waxy, hulless barley.

**Ingredients Declaration:** Whole grain barley

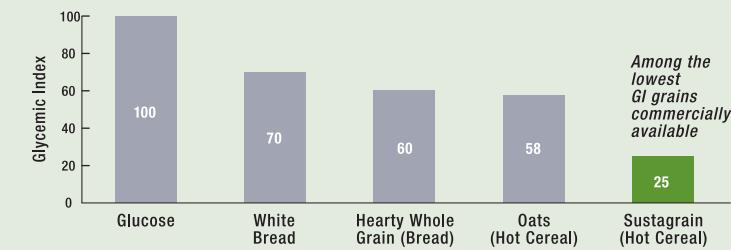
## Sustagrain Barley Nutritional Data:

Reported on a 100g Basis\*

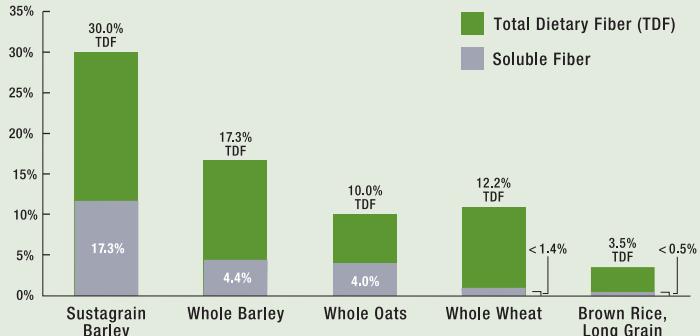
Calories	390	Vitamin A	0IU
Calories from Fat	60	Vitamin C	0mg
Fat	6.5g	Calcium	33mg
Saturated Fat	1.8g	Iron	3.6mg
Cholesterol	0g	Vitamin B1 (Thiamin)	0.6mg
Carbohydrates	64.3g	Vitamin B2 (Riboflavin)	0.3mg
Total Dietary Fiber**	30g	Vitamin B3 (Niacin)	4.6mg
Soluble Fiber	12g	Potassium	452mg
Protein	18g	Zinc	2.8mg
Sodium	12mg		

Macronutrients were analyzed by AOAC-approved methods. Composite commercial samples. These assays represent guidelines for product formulation and were run on a random basis. Growing conditions (weather and soil) can have an effect on values which are updated on an annual crop basis. Micronutrient values are from USDA National Nutrient Database, Release 18. Beta Glucan is 15g.

## GLYCEMIC INDEX (GI) COMPARISON



## SUSTAGRRAIN VS. TRADITIONAL GRAIN SOURCES: Analysis of total dietary fiber components



Sources: USDA National Nutrient Database for Standard Reference, Release 18; J Agric Food Chem, 2001, 49: 2437; Cereal Chem, 1999, 76: 788; Cereal Chem, 2000, 77: 673; and ConAgra Foods Analysis.



11 ConAgra Drive  
Omaha, NE 68102

(800) 851-9618  
[www.conagoramills.com](http://www.conagoramills.com)



Originating Date: 3/11/08

## Developmental Specification **High Fiber Coated Barley (21C05132-1)**

### **I. Product Description**

This product is made with high fiber barley in which sugar based coating syrup is applied to yield a mild sweet grain flavor. This product shall comply with the Federal Food, Drug and Cosmetic Act as amended and all regulations promulgated there under.

### **II. Ingredient Statement**

Whole Grain Rolled Barley, Sugar, Brown Rice Syrup, Honey, Salt, Baking Soda.

### **III. Typical Chemical, Physical and Organoleptic Properties**

#### **a. Chemical:**

Moisture (%)	6.0 Maximum	AACC 44-15A
Sucrose (%)	To be determined	YSI
Fat (%)	5.0 ± 2.0	AACC 30-20
Total Dietary Fiber (%)	23.0 ± 2.0	AACC 32-07
Free Fatty Acid (as oleic) (%)	0.5 Maximum	AOAC Ca 5a-40
Enzyme Activity (peroxidase)	Low to Negative	AACC 22-80

\*Methodology/Instrumentation available upon request

#### **b. Physical:**

Granulation – To be determined

#### **c. Organoleptic**

High Fiber Coated Barley should appear as individual barley flakes with a tan, golden brown color which highlights its appearance and texture. It has a sweet toasted grain flavor characteristic of barley. It should be free from rancid, bitter, musty, sour or other undesirable odors and flavors.

### **IV. Nutritional Information (per 100 grams)\*\***

Calories (Kcal)	392
Calories from Fat (Kcal)	44
Fat (g)	4.94
Saturated Fat (g)	1.29
Mono Unsaturated Fat (g)	0.91
Poly Unsaturated Fat (g)	2.50
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Carbohydrate (g)	75.34
Total Sugars (g)	30.66
Total Dietary Fiber (g)	22.81
Soluble Fiber (g)	9.96
Protein (g)	15.17
Sodium (mg)	426.43
Calcium (mg)	25.85
Iron (mg)	2.69
Magnesium (mg)	1.46

Manganese (mg)	0.00
Phosphorus (mg)	193.44
Potassium (mg)	331.85
Selenium (mcg)	27.63
Zinc (mg)	2.03
Vitamin B1- Thiamin (mg)	0.47
Vitamin B2 - Riboflavin (mg)	0.21
Vitamin B3 – Niacin (mg)	3.37
Folate (mcg)	13.95

\*\* USDA National Nutrient Database for Standard Reference, Release 18. 21<sup>st</sup> Century Grain Processing Analysis. Assays represent guidelines for product formulation, and were run on a random basis. Varietal and growing conditions (weather and soil) can have an effect on these values.

#### **V. Microbiological Properties**

Standard Plate Count	50,000/g Max
Yeast and Mold	500/g Max
Staph aureus	<10/g
Coliforms (MPN)	100/g Max
E. coli (MPN)	<3/g
Salmonella	None Detected/375g

#### **VI. Allergen Statement**

There are 8 known common allergens: Eggs, fish, milk, peanuts, soy, tree nuts, wheat and shellfish. Barley and barley products are not common allergens. Barley and barley products contain naturally occurring protein/gluten. May contain trace amounts of oat, wheat, rye and other seeds and grains based on commercial grain handling systems.

#### **VII. Packaging**

Available in poly lined Kraft multiwall bags or poly lined tote boxes. Custom size bags available depending on specific customer requirements.

#### **VIII. Shelf Life and Storage**

Shelf Life is 9 months under controlled conditions of  $\leq 75^{\circ}\text{F}$  and 80% RH. Shelf life can be extended up to 12 months under refrigerated or freezing temperatures. Recommend to use in formulated products within 2 months of manufacture to obtain maximum shelf life in finished consumer product. Grain based foods require proactive management to control infestation. Oat products absorb foreign odors readily. It should not be stored near highly aromatic products including perfumes, soaps, detergents, cleaning solutions, chemicals and spices.

#### **IX. Kosher Parve (Kosher Certificate available upon request)**

#### **X. Pesticide Residue**

Complies with Federal tolerances.

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High Fiber Coated Barley

Developmental Specification 21C05132-1

It's easy to incorporate  
the health benefits of  
**whole grains**  
into all meals, regardless of  
your school's capabilities.

**SCHOOL NUTRITION ASSOCIATION  
CULINARY DEMONSTRATION**



by Sharon Davis from the  
Home Baking Association  
July 1 at 11:30 a.m.



Now you can deliver enticing, flavorful and nutritional meal options with **Ultragrain** whole wheat; **Sustagrain**, the ultra high-fiber whole grain; and products made with these ingredients.

**100% Whole Multigrain  
Trail Mix Cookie Bar**  
made with Ultragrain® and Sustagrain®

**Single Batch:** 13"x 9" pan

**Double Batch:** 1/2 sheet pan

**Serving Size:** 2 oz. bar

**Yield:** 24 servings

**INGREDIENTS**

**Weight (g)**

**Formula %**

**Baker's %**

INGREDIENTS	Weight (g)	Formula %	Baker's %
Butter	170	11.3	44.7
Sugar	150	10.0	39.5
Brown Sugar	165	11.0	43.4
Eggs	100	6.7	26.3
Vanilla Extract	5	0.3	1.3
Ultragrain® Soft Whole Wheat Flour	155	10.4	40.8
Baking Soda	5	0.3	1.3
Cinnamon	2	0.1	0.5
Salt	3	0.2	0.8
Rolled Oats	125	8.3	32.9
Sustagrain® Barley Flakes	100	6.7	26.3
Dried Fruit Mixture*			
Mariani Harvest Blend (cranberries, apples, cherries)	240	16.0	63.2
Mariani Apricots (coarsely chopped)			
Golden Raisins			
Walnuts, coarse chop	113	7.5	29.7
Semi-sweet Chocolate Chips	165	11.0	43.4



**DIRECTIONS**

- Cream butter and sugars.
- Blend in eggs and vanilla.
- Add grain ingredients, leavening, salt and cinnamon; blend on low speed.
- Fold in fruit mixture, nuts and chocolate chips.
- Bake at 350° F for 25 minutes or until done.

\* Dried Fruit Mixture:  
combine equal parts Mariani Harvest Blend,  
Mariani Apricots and Golden Raisins.  
May substitute with other fruits as desired.

**NUTRITIONAL  
HIGHLIGHTS**

**16g** whole grain  
per serving

**4g** of fiber;  
**16%** of daily value

## Cherry Cobbler

featuring READI-BAKE® BeneFIT® Non-Trans Fat Whole Grain Biscuit Dough made with Ultragrain

**Serving Size:** 1 biscuit    **Yield:** 50 servings

INGREDIENTS	Measure	Weight
READI-BAKE® BeneFIT® Non-Trans Fat Whole Grain Biscuit Dough		
All of reserved cherry juice (from draining cherries) plus water, cold, as needed (divided)	1-1/3 cups	
Cornstarch	2-1/2 cups	10 oz.
Sugar (divided)	1 qt. 1-1/3 cup	2 lb. 4 oz.
Red Tart Cherries (canned, pitted, drained)	1 gal. 2 cups (2 #10 cans)	8 lb. 12 oz.



### NUTRITIONAL HIGHLIGHTS

**52%** whole grain biscuit

**2g** of fiber;  
**8%** of daily value

### DIRECTIONS

- For filling: drain cherries, reserving juice. Set cherries aside for step 6.
- Add water to cherry juice.
- Mix cornstarch with about 1/4 of the liquid mixture.
- Bring remaining liquid mixture to a boil. Add about 1/2 of the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after steps 5 and 6.
- Remove from heat. Blend remaining sugar thoroughly into mixture.
- Add cherries to thickened mixture. Stir lightly. Do not break up fruit.
- Pour 3-1/4 qt. thickened cherry mixture into each steamtable pan. (You will need 2 pans, 12"x 20"x2-1/2".)
- Top with frozen biscuit dough, placing side by side the entire length and width of pan.
- Bake until pastry is brown and filling is bubbly, 18-21 minutes:
 

Conventional:	400° F
Convection:	350° F
- Serve by scooping one biscuit with fruit bottom.

## Better-For-You Biscuits and Gravy

featuring READI-BAKE® BeneFIT® Non-Trans Fat Whole Grain Biscuit Dough made with Ultragrain

**Serving Size:** 1 biscuit    **Yield:** 50 servings

### NUTRITIONAL HIGHLIGHTS

**52%** whole grain biscuit

**2g** of fiber;  
**8%** of daily value

### INGREDIENTS

READI-BAKE® BeneFIT® Non-Trans Fat Whole Grain Biscuit Dough	Measure
Ground Turkey (Raw) (Cooked)	2-1/2 lb. 1-3/4 lb.
Black Pepper	1-1/4 tsp.
Ground Sage	1-1/4 tsp.
Garlic Powder	1-1/4 tsp.
Poultry Seasoning	1-1/4 tsp.
Skim Milk	3 qts. + 1/2 cup
Healthy Choice® All-Purpose Flour Blend T-1	1-1/4 cup
Cream Cheese	5, 8-oz. pkgs.

### DIRECTIONS

- Bake READI-BAKE BeneFIT Non-Trans Fat Whole Grain Biscuit Dough according to directions.
- Meanwhile, cook ground turkey in large skillet (or oven), brown meat and drain; add spices.
 

Option: use a precooked ground turkey. (Reduce recipe to 1-3/4 lbs. for precooked ground turkey.)
- In a mixer, combine skim milk and flour. Mix well. Pour milk mixture into skillet with browned meat. Add cream cheese. Continue cooking, stirring often, until mixture thickens and cream cheese melts.
- When gravy has thickened, spoon gravy over warm biscuits.

## The Max® Pizza Quesadilla® Made with Ultragrain®

with Southwestern Corn and Hunt's® Salsa with fresh vegetables

INGREDIENTS	Measure
The Max® Pizza Quesadilla Cheese or Chicken Pizza	

Southwestern Corn	Measure
IQF frozen green peppers, diced	1 cup
IQF frozen red peppers, diced	1 cup
IQF frozen corn	3 lb.
Cilantro, chopped	1/2 cup
Kosher salt	2 tsp.
Black pepper	2 tsp.

Hunt's® Salsa with fresh vegetables	Measure
Hunt's Salsa	1 #10 can
Green onions, sliced	10
Jalapeño peppers, seeded and diced	3
Tomatoes, diced	4 large

### DIRECTIONS

- Bake The Max Pizza Quesadilla according to directions.
- Serve with Southwestern Corn and Hunt's Salsa with fresh vegetables. (See subrecipes.)

### SOUTHWESTERN CORN

- Mix all ingredients together in a half pan.
- Bake at 350° F for 30 minutes.
- Serve immediately.

### HUNT'S SALSA WITH FRESH VEGETABLES

- Combine all ingredients and chill until ready to serve.



### NUTRITIONAL HIGHLIGHTS

**8g** whole grain per serving

**3g** of fiber;  
**12%** of daily value

For more info,  
visit Booth #1241,  
ultragrain.com  
or call (402) 595-5153.



# School Nutrition Association Culinary Demonstration

## It's Just Too Easy

by Chef Paul Lynch



It's easy to incorporate the health benefits of whole grains into all meal periods of the school foodservice environment.

By simply incorporating Sustagrain®, the ultra high-fiber whole grain, and Ultragrain® whole wheat into the basic food pantry, nutrient density can be increased. With very little adjustment and a few base recipes, it's just too easy to deliver enticing, flavorful and nutritional meal options. The versatility of Ultragrain and Sustagrain allows for use in sauces, toppings, breadings, beverages and entrées.



### Berry Breakfast Streusel featuring Sustagrain® Barley Flakes and Ultragrain® Whole Wheat Flour

#### FRUIT BASE:

- 4 cups frozen dark cherry halves
- 4 cups frozen diced pears
- 4 cups frozen sliced strawberries
- 1 tablespoon grated orange zest
- 1/2 cup sugar
- 2 cups orange juice
- 2 cups Sustagrain barley flakes
- Nonstick spray, to coat hotel pan

#### WHOLE GRAIN STREUSEL TOPPING:

- 2 cups Sustagrain barley flakes
- 2 cups Ultragrain whole wheat flour
- 1 cup dark brown sugar
- 1/4 cup sugar
- 1/2 teaspoon salt
- 1 cup salted whole butter or trans fat-free shortening, room temperature
- 1 tablespoon cinnamon
- 48 ounces low-fat vanilla yogurt

*Helpful tip: Any combination or variety of frozen fruit will work. Play with the combinations for variety.*

Combine fruit, orange zest, sugar, Sustagrain barley flakes and orange juice. Toss well. Spray hotel pan with nonstick pan coating. Spread fruit/Sustagrain mix evenly across the pan.

For streusel topping, combine Sustagrain barley flakes, Ultragrain whole wheat flour, brown sugar, white sugar, cinnamon and salt in the bowl of a mixer with a whisk attachment. Run mixer for 1 minute on low until mix is well blended. Add the room temperature butter and mix on low until crumbly. Spread evenly across the fruit mix.

Bake at 350 degrees for 50 - 60 minutes until golden.

Let cool. Serve warm or at room temperature with a 2 ounce portion of low-fat vanilla yogurt.

Yield: 24 servings

Serving Size: 5.4 oz Streusel, 2 oz yogurt  
Whole Grain: 26 g/serving

#### Nutrition Facts

Serving Size (209g)	
Servings Per Container	
Amount Per Serving	
Calories 320	Calories from Fat 80
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 2g	
Cholesterol 25mg	8%
Sodium 140mg	6%
Potassium 410mg	12%
Total Carbohydrate 54g	18%
Dietary Fiber 8g	32%
Sugars 31g	
Protein 7g	
Vitamin A 6%	• Vitamin C 50%
Calcium 10%	• Iron 8%
Vitamin D 2%	• Thiamin 10%
Riboflavin 10%	• Niacin 8%
Vitamin B6 10%	• Folate 6%
Pantothenic Acid 2%	• Phosphorus 15%
Iodine 2%	• Magnesium 15%
Zinc 6%	• Selenium 40%
Copper 15%	• Manganese 30%
*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	2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 350 mg
Sodium	Less Than 2,400mg 2,400mg
Potassium	3,500mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	28g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

## Turkey Meat Loaf with Apple Gravy

featuring Sustagrain® Barley Flakes

### TURKEY MEAT LOAF:

1 1/4 pounds ground turkey  
 1 1/2 cups Sustagrain barley flakes  
 1 1/2 cups water  
 1 tablespoon turkey base  
 1 cup onions, minced  
 1/2 cup celery, fine diced  
 1 each apple, peeled and diced  
 2 tablespoons canola oil  
 1/2 teaspoon kosher salt  
 2 teaspoons dry thyme  
 1 teaspoon rubbed sage  
 2 ounces ketchup  
 2 each egg

### APPLE GRAVY:

2 cups apple juice, reduce to 1 1/2 cups  
 1 tablespoon corn starch,  
     mixed with 1 ounce cold apple juice  
 1/4 teaspoon sage  
 1/8 teaspoon allspice  
 1/2 teaspoon kosher salt  
 1/3 cup cream  
 1 tablespoon red wine vinegar

Dissolve the turkey base in the water, stir in the Sustagrain flakes. Let sit while preparing the other ingredients.

Sauté onions and celery until translucent, add apples and spices. Add to the soaked Sustagrain.

Mix in the eggs and ketchup. Blend.

Mix well with the ground turkey in loaf pan or free form a 5 x 8 loaf on a sheet pan.

Bake in a 350-degree oven for one and a half hours or until internal temperature reaches 160 degrees.

While baking prepare apple gravy. Reduce apple juice by one quarter, add spices and salt. Mix corn starch in a small amount of apple juice, whisk into reduced apple juice. Return to a boil. Reduce heat and stir in cream followed by the vinegar. Hold warm for service.

Yield: 8 servings

Serving Size: 9 oz

Whole Grain: 18 g/serving

### Nutrition Facts

Serving Size (262g)		Servings Per Container	
Amount Per Serving		Calories from Fat 130	
Calories	310	Calories from Fat	130
Total Fat	14g	% Daily Value*	22%
Saturated Fat	5g		25%
Trans Fat	0g		
Polyunsaturated Fat	2.5g		
Monounsaturated Fat	5g		
Cholesterol	125mg		42%
Sodium	680mg		28%
Potassium	440mg		13%
Total Carbohydrate	28g		9%
Dietary Fiber	7g		28%
Sugars	11g		
Protein	19g		
Vitamin A	8%	• Vitamin C 8%	
Calcium	6%	• Iron 15%	
Vitamin D	2%	• Vitamin E 4%	
Thiamin	15%	• Riboflavin 20%	
Niacin	20%	• Vitamin B6 25%	
Folate	4%	• Vitamin B12 8%	
Pantothenic Acid	8%	• Phosphorus 20%	
Magnesium	15%	• Zinc 15%	
Selenium	60%	• Copper 15%	
Manganese	8%		
*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	2,000	2,500	
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Trans Fat	Less Than	0g	300 mg
Cholesterol	Less Than	300mg	2,400mg
Sodium	Less Than	2,400mg	2,400mg
Potassium	3,500 mg	3,500 mg	3,500 mg
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

## Crispy Snack Bars

featuring Toasted and Sweetened Sustagrain® Barley Flakes

6 ounces salted butter, melted  
 4 quarts miniature marshmallows  
 1 cup honey  
 4 quarts crisped rice or whole grain cereal  
 2 quarts toasted and sweetened Sustagrain barley flakes  
 3 cups diced apricots or other dried fruit, optional  
 10 ounces sliced almonds, optional

Melt butter in a pot large enough to hold all the ingredients. Stir in honey and marshmallows, when melted remove from heat.

Add crisped rice, Sustagrain flakes, fruit and nuts. Gently mix all ingredients, spread evenly across a sheet pan coated with spray release. Let set, then cut into 2" by 2" squares. Hold in air-tight container for up to three days.

Yield: 96 servings

Serving Size: 1 oz

Whole Grain: 5 g/serving

### Nutrition Facts

Serving Size (33g)		Servings Per Container	
Amount Per Serving		Calories from Fat 30	
Calories	130	Calories from Fat	30
Total Fat	3.5g	% Daily Value*	5%
Saturated Fat	1g		5%
Trans Fat	0g		
Polyunsaturated Fat	0g		
Monounsaturated Fat	1.5g		
Cholesterol	5mg		2%
Sodium	95mg		4%
Potassium	125mg		4%
Total Carbohydrate	23g		8%
Dietary Fiber	2g		8%
Sugars	10g		
Protein	3g		
Vitamin A	10%	• Vitamin C 2%	
Calcium	2%	• Iron 4%	
Thiamin	10%	• Riboflavin 8%	
Niacin	8%	• Pantothenic Acid 0%	
Phosphorus	4%	• Magnesium 6%	
Zinc	2%	• Selenium 15%	
Copper	6%	• Manganese 8%	
*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	2,000	2,500	
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Trans Fat	Less Than	0g	300 mg
Cholesterol	Less Than	300mg	2,400mg
Sodium	Less Than	2,400mg	2,400mg
Potassium	3,500 mg	3,500 mg	3,500 mg
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



**Executive Chef Paul J. Lynch** has earned a well-deserved national reputation for his culinary skill and innovation in the kitchens of some of the nation's finest hotels. Chef Lynch is known for his creative renderings of heartland classics, his innovative use of wood grilling techniques, and his passion for using fresh produce, fish and game from local sustainable sources. A native of El Paso, Texas, Chef Lynch earned a degree from the New England Culinary Institute and embarked on a whirlwind career with Four Seasons Hotels and Resorts. He began in their London hotel and went on to Four Seasons properties in Austin, Nevis, Houston, Dallas and Maui. He opened FireLake Grill House and Cocktail Bar in downtown Minneapolis in June of 2003, after serving as Executive Chef at Aria Grill at the Westin Hotel in Oklahoma City. He is a member of the Whole Grains Council and serves on panels discussing the health benefits of whole grains.

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