MUMBAI GOLD™ Fresh Chakki Atta

Bringing Authenticity to a Variety of Flatbreads

Chapati Bread recipe on back!

WHY MUMBAI GOLD™ *Fresh Chakki Atta?*

Mumbai Gold Fresh Chakki Atta is milled from specially selected durum wheat to provide authentic taste, texture and functionality to a variety of flatbreads. Brought to you by ConAgra Mills, the industry-leading flour supplier and innovator, Mumbai Gold is milled in the U.S. for optimal freshness, quality and consistency. Fresh Chakki Atta is packed in bags and totes; bulk deliveries are also available.

From traditional south Asian cuisines to global fusion, our Mumbai Gold Fresh Chakki Atta is the perfect foundation for any flatbread application, including:

• SANDWICHES • PIZZA • WRAPS • APPETIZERS • BREAKFAST

Chapati Bread

A simple, quick unleavened flatbread made with Mumbai Gold and water

Hands On: 20 minutes **Total:** 50 minutes **Makes:** 5 servings (2 chapati breads each)

Ingredients

2 cups Mumbai Gold™ Fresh Chakki Atta
1/2 teaspoon salt
3/4 cup warm water (85° to 90°F)
Ghee, melted, optional

Directions

1. **Combine flour and salt in large bowl.** Slowly add warm water while mixing with fingers to incorporate. Remove dough from bowl; knead on lightly floured work surface 5 minutes or until dough is smooth and elastic.
2. **Return dough to bowl;** cover with damp towel and let stand 30 minutes.
3. **Preheat nonstick electric griddle to 400°F or large nonstick skillet over high heat until hot.** Divide dough equally into 10 pieces; roll each piece by hand into a small ball. Lightly coat each ball with additional flour. Roll each ball of dough with rolling pin to 1/16-inch thickness (about a 6-inch circle), using additional flour to prevent sticking, if necessary.
4. **Place rolled dough on hot griddle;** bake 1 to 2 minutes per side or until puffed and lightly browned in spots. Remove from heat; brush lightly with ghee, if desired. Repeat with remaining dough. Serve immediately.

Nutrition Facts
Serving Size 1/4 cup (30g)
Servings Per Container About 302

Amount Per Serving	
Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Potassium 55mg	**2%**
Total Carbohydrate 22g	**7%**
Dietary Fiber less than 1g	**4%**
Sugars 0g	
Protein 4g	
Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Potassium			3,500mg	3,500mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein4

INGREDIENTS: WHEAT FLOUR. **CONTAINS: WHEAT.**

*Twice the fiber of regular flour.

PRODUCT SPECIFICATIONS

Item UPC	**049100398969**
Item Dimensions L x W x H (inches)	**13-3/4 x 3 x 24**
Weight (lbs)	**20**
Pallet (bags/pallet)	**98**
Protein Level (%)	**13.0 minimum**
Ash (%)	**1.30 +/- 0.15**
Moisture (%)	**15.0 maximum**
Recommended Storage Conditions	**70°F, 50% relative humidity**

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ConAgra Mills

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For additional information about Mumbai Gold Fresh Chakki Atta, contact your distributor or ConAgra Mills.