



Bread/Bun

# Bonjour Granola roll 80x80g

Product code: 216169



Granola wheat bread with blueberries, coconut flakes and seeds.

## Thaw & Bake

Thaw in room temperature for 30 minutes. Bake for 5–7 minutes at 190°C with little steam in the beginning. NOTE! Baking times and temperatures are guidelines depending on the oven. Baked product weighs 78 g.

## Ingredients

WHEAT flour, water, RYE flour, sugar syrup, blueberries 3%, pumpkin seeds, fermented RYE flour, coconut 1,5%, salt, yeast, sunflower seeds, chia seeds, vegetable oil (rapeseed, palm), cinnamon, BARLEY malt flour, emulsifier (E471), cardamom, flavouring, flour treatment agent (E300). The product contains 4% seeds. May contain traces of walnut.

<b>EAN</b>	6416577010320
<b>Weight pr. piece</b>	80 g
<b>Pieces pr. carton</b>	80
<b>Cartons pr. pallet</b>	20
<b>Shelf life:</b>	300 days
<b>Storage:</b>	Storage at -18°C or colder.
<b>Country of origin:</b>	EE

## Nutritional information pr. 100 g.

Energy	1193kJ
Kcal	283kcal
Fat	5g
- of which saturates	1.8g
Carbohydrate	49g
- of which sugars	6.9g
Fibre	4.4g
Protein	8.2g
Salt	1.8g
Sodium	0.72g
Lactose	0%



See more details, inspiration and recipes online:  
<https://www.lantmannen-unibake.com/Products/Bread/Buns/bonjour-granola-roll-80x80g/>