



Bread/Loaf

# Apple-Dinkel loaf

Product code: 2186



Sweet, tasty multigrain bread with apples. Dough.

## Raw dough

Defrost overnight in refrigerating room (+4°C) or for 2-3 hours in room temperature. Place the bread in proofing cabin for 60 minutes (+35-37 °C, appr. 70 % moisture). Preheat oven to 220°C. Put the bread in the oven and steam for a few seconds. Lower the temperature of 180-200 °C and bake for 23-26 min.

## Ingredients

<b>EAN</b>	17391288218608
<b>Weight pr. piece</b>	540 g
<b>Pieces pr. carton</b>	18
<b>Cartons pr. pallet</b>	45
<b>Shelf life:</b>	252 days
<b>Storage:</b>	Storage at -18 °C or colder.
<b>Country of origin:</b>	EE

## Nutritional information pr. 100 g.

Energy	1000kJ
Kcal	237kcal
Fat	2.5g
- of which saturates	0.2g
Carbohydrate	42g
- of which sugars	0.4g
Fibre	4g
Protein	9.5g
Salt	1.3g
Sodium	0.52g



See more details, inspiration and recipes online:  
<https://www.lantmannen-unibake.com/Products/Bread/loaf/apple-dinkel-loaf/>