



Bread/Raw Dough

Grovt Olympiabrod

Product code: 1221



Portion bread baked on wheat- and rye flour with barley malt and oats. Topped with lin- and sunflowerseed.

Raw dough

Defrost overnight in refrigerating room (+4°C) or for 1 hour in room temperature. Place the bread in proofing cabin for 45–60 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 15–18 min. NOTE! Baking times and temperatures are guidelines depending on the oven. Baked product weights about 70 g. *) Serving proposal: sprinkle with rye flakes (see photo).

Ingredients

WHEAT flour, water, yeast, WHEAT gluten, RYE flour, millet, BARLEY malt, WHEAT bran 1,9 %, linseed 1,3%, sunflowerseed 1,3%, salt, OAT flakes 1%, vegetable fat and oil (palm, rapeseed), WHEAT malt, fructose, emulsifier ((E472e), flour treatment agent (E300). May contain traces of milk, walnut.

EAN	17391288122103
Weight pr. piece	85 g
Pieces pr. carton	118
Cartons pr. pallet	45
Shelf life:	252 days
Storage:	Storage at -18 °C or colder.
Country of origin:	EE

Nutritional information pr. 100 g.

Energy	947kJ
Kcal	224kcal
Fat	3.1g
- of which saturates	0.7g
Carbohydrate	37g
- of which sugars	0.4g
Fibre	4.5g
Protein	10g
Salt	1.3g
Sodium	0.52g

