



Pastry & Sweet treats/Soft Dough

# Bonjour Semla Sweet Wheat Roll

## 154x65 SG

Product code: 3240



Smooth bun with cardamom filling in the dough.

### Raw dough

Defrost overnight in the fridge (2-4°C) or in room temperature for 60 min. Place the products in proofing cabin for 60 min. Bake at 180 °C for 9-11 min. NOTE! Baking times and temperatures are guidelines depending on the oven. Baked product weighs about 55 g.

### Ingredients

WHEAT flour, water, sugar, vegetable oil (palm, rapeseed), yeast, WHEAT GLUTEN, emulsifiers (E471, E472e), salt, cardamom, flour treatment agent (E300), flavouring. May contain traces of milk, walnut.

<b>EAN</b>	7391288324002
<b>Weight pr. piece</b>	65 g
<b>Pieces pr. carton</b>	154
<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	1286kJ
Kcal	305kcal
Fat	7.3g
- of which saturates	2.9g
Carbohydrate	49g
- of which sugars	6.3g
Fibre	3.1g
Protein	9.3g
Salt	0.48g
Sodium	0.192g



See more details, inspiration and recipes online:  
<https://www.lantmannen-unibake.com/Products/pastry/soft-dough-products/semlebulleslatbulle/>