



Pastry & Sweet treats/Swirl

Cardamom shell

Product code: 3218



Soft and tasty wheaten shell with cardamom filling.

Raw dough

Defrost overnight in the fridge (ca 2°C) or in room temperature for 60 min (35–37 °C, ca 70% moisture). Place the products in proofing cabin for 60 min. Bake at 200 °C for 8–12 min.

Ingredients

WHEAT flour, water, sugar, vegetable oil (palm, rapeseed), yeast, apricot kernel, salt, cardamom, modified potato starch, emulsifiers (vegetable E471, E472e), WHEAT GLUTEN, ALMOND, glucose syrup, enzymes, flour treatment agent (E300), flavouring, acidity regulator (E330). May contain traces of milk, egg.

EAN	17391288321803
Weight pr. piece	100 g
Pieces pr. carton	100
Cartons pr. pallet	45
Shelf life:	365 days
Storage:	Storage at -18°C or colder.
Country of origin:	EE

Nutritional information pr. 100 g.

Energy	1263kJ
Kcal	300kcal
Fat	7.1g
- of which saturates	2.6g
Carbohydrate	50g
- of which sugars	13g
Fibre	2.8g
Protein	7.5g
Salt	0.44g



See more details, inspiration and recipes online:
<https://www.lantmannen-unibake.com/Products/pastry/swirls/mummasnacka/>