

# 3 grain loaf

Product code: 80357



The 3 Grain Loaf contains wholemeal wheat flour and the three types of grain that give the bread its name are rye flakes and flax and sesame seeds. The three-grain mixture combined with an aromatic sourdough provides delicious and moist bread with a nicely balanced taste. The 3 Grain Loaf bears the Nordic Keyhole symbol.

## Thaw & Bake

Thaw the products covered with plastic or in a plastic bag for minimum 3-6 hours or during the night in the fridge. Bake for **11 minutes at 190°C** (air oven). Shelf life before baking (Covered): Max. 2 days in the fridge, or 1 day at room temperature.

## Ingredients

**Wheat** flour 36%, water, wholemeal **wheat** flour 20%, **rye** flakes 5%, linseeds 5%, **Sesame** seeds 1%, iodised salt, sugar, **wheat** gluten, yeast, **wheat** fibre, dried sour dough 0,4% (fermented **wheat** flour, sour dough culture, salt), sifted **rye** flour, emulsifier (vegetable E472e), dextrose, **wheat** malt flour, flour treatment agent (E300), **barley** malt flour. May contain traces of walnuts.

<b>EAN</b>	5701536803572
<b>Weight pr. piece</b>	610 g
<b>Pieces pr. carton</b>	10
<b>Cartons pr. pallet</b>	20
<b>Shelf life:</b>	12 months
<b>Storage:</b>	At -18°C or colder. Do not re-freeze after defrosting.
<b>Country of origin:</b>	DK

## Nutritional information pr. 100 g.

Energy	1027KJ
Kcal	243kcal
Fat	3.5g
- of which saturates	0.6g
Carbohydrate	41g
- of which sugars	2g
Fibre	6.3g
Protein	8.8g
Salt	0.92g

