

Grainy ryebread

Product code: 80204



Our Grainy Rye Bread contains wholegrain rye flour, bolted rye flour, rye kernels and flax seed. The Grainy Rye Bread bears the Nordic Keyhole symbol. In addition to natural fibre, wholegrain rye bread is also a source of a number of other healthy substances, including vitamins and minerals. Rye Bread also provides slower and less sharp spikes in blood sugar than similar, more refined bread products such as wheat-based bread. That is why there are many reasons to eat more rye bread.

Thaw & Bake

Thaw the products covered with plastic or in a plastic bag for min. 12 hours at room temperature or overnight in the fridge. Bake for **25 minutes at 175°C (air oven)**. **Shelf life before baking (Covered):** Max. 2 days in the fridge, or 1 day at room temperature.

Ingredients

Water, rye sour dough 21% (water, wholemeal **rye** flour 9%, **barley** malt flour, sour dough culture), sifted **rye** flour 19%, wholemeal **rye** flour 16%, **rye** kernels 12%, breadcrumbs (ingredients as in this bread), linseeds 5%, iodised salt, syrup, vinegar, **Rye** flakes 0.5%, yeast, **wheat** flour, **barley** malt flour, flour treatment agent (E300).

EAN	5701536802049
Weight pr. piece	1100 g
Pieces pr. carton	8
Cartons pr. pallet	24
Shelf life:	12 months
Storage:	At -18° or colder . Do not re-freeze after defrosting.
Country of origin:	DK

Nutritional information pr. 100 g.

Energy	879kJ
Kcal	209kcal
Fat	3.4g
- of which saturates	0.4g
Carbohydrate	34g
- of which sugars	2.2g
Fibre	10g
Protein	5.6g
Salt	1.2g

