Rye Bread with Pumpkin Seeds

Baked rye bread topped with 1% chopped pumkin seeds. Quick-frozen.

Item no.: 10197015

We bake this bread with semi-refined rye flour, sourdough and wheat flour. We add crunchy pumpkin and sunflower seeds, whole grain rye and barley malt, and top with pumpkin seeds.

Preparation:

Preparation: Defrost the bread in the plastic bag at room temperature for approx. 3 hours. Remove bag before baking. Bake for approx. 15-18 min. at 180°C. Baking straight from the freezer is not recommended.

Allergens:

Contains Rye, Cereals containing gluten, Wheat and Barley.

Ingredients:

Ingredient: Water, sourdough (**Rye flour**^ 12%, water), **rye flour**^ 14%, **wheat flour**, **rye kernels**^ 13%, pumpkin kernels 6%, sunflower kernels 2%, iodized salt, chopped pumpkin kernels 1%, **rye fibres**, caramelised sugar syrup, **barley malt extract**, dried sourdough (**rye flour**^, sourdough culture), yeast, flour treatment agents (E300). Topping: Chopped pumpkin kernels. ^Whole grain.

Details

Items per package:
8

Storage:
-18°C do not freeze after thawing

Weight:
950 grams

NetWeight per package:
7600 grams

Thawing temperature:
Room temperature

Thawing time:
180 min.

Baking temperature:
180 °C

Baking time:
15-18 min.

Qty. per pallet:
72

Shelf life:
365 days

Nutrients per 100 g

Energy:	Energy:988 kJ/236 kcal
Fat:	5.3 g
- hereof saturated fat:	0.9 g
Carbohydrates:	35 g
- hereof sugars:	1.8 g
Dietary fibers:	7.1 g
Protein:	8.2 g
Salt:	1.2 g