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| German Rye Dough 700g |
| **NUTRITION INFORMATION** |
| Servings per package:7 |  |   |
| Serving size: 100g |   |   |
|   | Average Quantity per Serving | % Daily Intake (per Serving) | Average Quantity per 100g |
| Energy | 1040kJ |  | 1040kJ |
| Protein - gluten | 10.7gContains |  | 10.7gContains |
| Fat, total | 2.9g |  | 2.9g |
|  - Saturated | 0.7g |  | 0.7g |
| Carbohydrate | 42.0g |  | 42.0g |
|  -Sugars | 1.0g |  | 1.0g |
| Dietary fibre | 3.9g |  | 3.9g |
| Sodium | 463mg |  | 463mg |
| Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs. |
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INGREDIENTS:

**Wheat flour,** Water, **Grain Mix** (**kibbled wheat**, **kibbled rye**), **Rye Flour**, Yeast (yeast, water), **Gluten**, Caramel CCL (150C), **Fermented Wheat Flour** (**dried wheat sourdough**), Canola Oil, Iodised Salt, **is cara** (**soy flour**, emulsifiers (472e, 481, 471), **wheat flour**, enzymes, food acid (300), thiamine, folic acid), Caraway Seed

**Allergens: Soy, Wheat**

**Made using equipment that is also used to process: Egg, Milk, Peanuts, Sesame, Tree Nuts**

Store frozen until ready to be cooked.

Instruction: Defrost product in cool oven (17oC) until it rises to ~7.5cm, keep it moist by spraying water. Pre-heat oven to 190oC. Score/ cut the top of the bread. Depending on oven, bake for 18 to 20 minutes. Cool on a wire rack.

Net Weight: 700g

**Made in New Zealand**