

Cronuts

with ERYLITE® and sub4salt®



Ingredients	Quantity		Baker's percentage
1 Wheat Flour Typ 550	43.50 %	500.00 g	100.00 %
2 Butter	21.70 %	250.00 g	50.00 %
3 Milk, 1.5 % Fat	17.40 %	200.00 g	40.00 %
4 Whole Egg, liquid	8.70 %	100.00 g	20.00 %
5 ERYLITE®	7.80 %	90.00 g	18.00 %
6 Yeast, dried	0.60 %	7.00 g	1.40 %
7 sub4salt® N1000	0.20 %	2.00 g	0.40 %
8 Bourbon Vanilla	0.10 %	1.50 g	0.30 %
Total	100.00 %	1150.50 g	
Sugar / ERYLITE® 50/50		q.s.	

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Directions

- 1 Add yeast to milk and mix until uniform
- 2 Blend ERYLITE®, liquid egg and bourbon vanilla
- 3 Mix with the milk / yeast mixture for 1 min at medium speed until foamy
- 4 Add flour and sub4salt® N1000 and knead the dough for 3 min at medium speed until smooth
- 5 Sprinkle the dough with flour until it is less sticky
- 6 Wrap dough in cling film and let rest for 30 min in the fridge
- 7 Soften butter at room temperature
- 8 Roll out the dough into a rectangular shape and spread the soft butter on it
- 9 Fold the dough from the left and right side into the middle, so that they overlap
- 10 Wrap dough in cling film and let rest for 40 min in the fridge
- 11 Repeat step 8 – 10h three more times and let the dough rest in the fridge overnight
- 12 Roll out the dough into about 3 cm, cut out the cronuts and fry them at 170 °C for 2 min on each side
- 13 Roll the warm cronuts in a sugar / ERYLITE® mixture

Nutrition Information

	per 100 g serving	per 1 portion (50 g)
Energy	1398 kJ / 334 kcal	695 kJ / 167 kcal
Protein	6.75 g	3.38 g
Carbohydrates	32.48 g	16.24 g
of which sugars	0.98 g	0.49 g
Fibers	1.89 g	0.95 g
Fat	19.84 g	9.92 g
Sodium	54.82 mg	27.41 mg
Salt equivalent	0.12 g	0.06 g

Nutrition Claims

- Reduced sugars
Reduced sodium



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For further inquiries, please contact: info@salt-minerals.com. The information contained herein is meant to demonstrate how our products can be used. This formulation has been subjected to limited stability tests and has been shown to perform well. The given data are suggestions without any guarantee aimed to support customers' development.