



C'Est Gourmet

105027 - Palmier

C'est Gourmet Classic Palmiers 90/4oz/Case Freezer to Oven - Natural Clean
Ingredients including European Style Hormone Free Butter and high protein flour,
kosher certified



Nutrition Facts

Servings per Container **90**
Serving size **1.0EA (1EA)**

Amount per serving
Calories 390

	% Daily Value*
Total Fat 18g	23%
Saturated Fat 11g	55%
Trans Fat	
Cholesterol 45mg	15%
Sodium 290mg	13%
Total Carbohydrate 53g	19%
Dietary Fiber 1g	4%
Total Sugars 18g	
Includes 17g Added Sugar	34%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 2mg	11%
Potassium 90mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* Benefits

At Cest Gourmet, we strive to make exceptional pastries that our customers can bake fresh, easily and consistently every day. We select the finest ingredients, such as European butter, high protein flours, organic fruit, and artisan cheeses. Our traditional methods of laminating and resting dough develop flavorful pastries with crispy, flaky texture and a memorable eating experience. Today, Cest Gourmet products are available in natural and specialty markets, local cafs, bakeries, and fine hotels. Our bakers and chefs continue to innovate and inspire so our customers can rely on us for an authentic, gourmet experience.

Ingredients

Dough: Enriched, Unbleached, Unbromated Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter(Pasteurized Cream, Lactic Acid, Starter Distillate), Water, Cane Sugar, Salt, Lemon Juice Concentrate, Ascorbic Acid.

⚠ Allergens

Contains:

milk wheat

Free From:

crustaceans eggs fish peanuts
 soy tree nuts

Handling Suggestions

Keep Frozen. Bake before consumption.

Serving Suggestions

Serving Size 1 Pastry. Baked pastry good for breakfast, dessert, or snack.

Prep & Cooking Suggestions

Place FROZEN Palmiers on parchment-lined, tray 6 inches apart. BAKE at 375F, after 15 minutes of baking, using a spatula, flip each PALMIER over. DECORATE with sparkling sugar and continue baking until evenly golden and crisp, 8-10 minutes more.

📄 Product Specifications

Brand	Manufacturer	Product Category
C'Est Gourmet	Cest Gourmet/Boston Gourmet Chefs	Grocery

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
748252728135	10-5027	105027	00850001975025		90/4 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
23.6lb	22.5lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
21.38in	9.88in	4.5in	0.55ft3	8x12	270days	-2°F / -5°F



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Nutrition Analysis - By Measure

Calories	390	Total Fat	18g	Sodium	290mg
Protein	6	Trans Fats		Calcium	6mg
Total Carbohydrates...	53g	Saturated Fat	11g	Iron	2mg
Sugars	18g	Added Sugars	17g	Potassium	90mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	45mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

