



# SUPERSEED BREAD MIX LOW GI

## **OVERVIEW**

A pale brown to grey coloured, free flowing powder that has an even dispersion of selected seeds.

#### **INTENDED USE/ABUSE:**

- SUPERSEED BREAD MIX LOW GI is a 50 % premix requiring only the addition of flour, yeast and water to produce a superior healthy loaf containing selected seeds and low in GI (Glycaemic Index). Suitable for consumers who want sustainable weight loss.
- Intended for all types of consumers.
- Damaged packaging can result in product contamination. Prevent exposure to air, or strong vapour to maintain organoleptic and sensory properties of
  the product.

## **USAGE**

As per recipe.

## **INGREDIENTS**

Wheat Flour, Rolled Oats, Rye Flour, Linseed, Sunflower Seeds, Wheat Gluten, Bran, Soya Gritts, Sucrose, Sodium Chloride, Sesame Seeds, Acidity Regulator (E330, E270, E262), Wheat Protein, Dextrose, Vegetable Fat and/or Oil (Rapeseed and Palm), Glucose Syrup, Milk Protein, Preservatives (E282, E263), Modified Starch, Soya Flour, Thickener (E412 and Maize Starch), Oxidizing Agent (E300), Enzymes

## **PACKAGING**

Code	Size	Туре	Palletisat <mark>ion</mark>
39435	12.5 KG	Poly bag	



## NUTRITIONAL INFORMATION

Туре	Value
Energy (kj)	1,059.00
Protein (g)	12.30
Carbohydrates (g)	38.00
Sugars (g)	2.30
Total Dietary Fibre (g)	7.70
Total Fat (g)	3.84
Saturated fat (g)	0.79
Mono-unsaturated fat (g)	1.10
Poly-unsaturated fat (g)	1.95
Ash (g)	2.59
Moisture (g)	35.60
Sodium (mg)	402.00

## **METHOD**

Group 1	
Ingredient	KG
Superseed Bread Mix Low GI	12.500
Bread flour	12.500
Yeast (Wet)	0.900
Cold Water (Soaking)	15.000
	Total Weight: 40.900

## **DESCRIPTION**

Soak SUPERSEED LOW GI MIX in cold water for 1/2 an hour. Add all remaining ingredients into the mixing bowl. Mixing time depends on type of mixer used. Dough temperature 28°C - 30°C. Floor time 10 minutes. Scale as required. First proof 10 minutes. Mould as required. Final proof ±45 minutes. Bake at ±225°C with steam at start of baking.

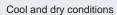
## ADDITIONAL INFORMATION

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270 days



Powder



Wheat, Gluten, Soya, Sesame seeds, Milk



Speciality Bread and Roll Mixes



Halaal certified