Specialty Bread using WELLNESS BREAD BODY PLUS K[1]

Strong baker's flour	10.000 kg	100 %	22 lb 0	oz
WELLNESS BREAD BODY PLUS K	10.000 kg	100 %	22 lb 0	oz
Fresh yeast	0.500 kg	5 %	1 lb 1.5	oz
Water, approx.	12.800 kg	128 %	28 lb 3.5	oz
Total weight	33.300 kg		73 lb 5	oz

Mixing time:	3 minutes slow + 6 minutes fast (spiral mixer)
Dough temperature:	26° C (79° F)
Bulk fermentation time:	20 minutes
Scaling weight:	0.540 kg (1 lb 3 oz)
Intermediate proof:	10 – 15 minutes
Processing:	as desired
Final proof:	approx. 60 minutes
Baking temperature:	230° C (445° F), dropping to 200° C (390° F), giving steam
Baking time:	approx. 40 minutes
Instructions for use:	After the bulk fermentation time, scale the dough and mold round. Process as desired, dip into topping and allow to proof. Score before loading and bake, giving steam.
Topping:	IREKS PLUS TOPPING

[1]More information on the final product can be found on page 2.
Please note:
The nutritional values as well as the health claims have always to be shown on the recipe and the advertising materials.

[1]Nutrition Facts

Per 2 slices (75 g)

	% Daily Value*
Calories 180	
Fat 3.5 g	5 %
Saturated 0.5 g + Trans 0 g	3 %
Carbohydrate 32 g	
Fibre 5 g	18 %
Sugars 2 g	2 %
Protein 9 g	
Cholesterol 5 mg	
Sodium 410 mg	18 %
Potassium 125 mg	3 %
Calcium 200 mg	15 %
Iron 8 mg	44 %
Magnesium 70 mg	17 %

*5 % or less is **a little**, 15 % or more is **a lot**

[1]Possible health claims on the final baked goods with WELLNESS BREAD BODY PLUS K:

Magnesium contributes to normal muscle function

Magnesium is a factor in energy metabolism, tissue formation and bone development

Calcium aids in the formation and maintenance of bones and teeth