

Specialty Bread using WELLNESS BREAD AKTIV D¹

Strong baker's flour	10.000 kg	100 %	22 lb 0 oz
WELLNESS BREAD AKTIV D	9.000 kg	90 %	19 lb 13.5 oz
Sesame, roasted	1.000 kg	10 %	2 lb 3.5 oz
Vegetable oil	0.200 kg	2 %	0 lb 7 oz
Salt	0.400 kg	4 %	0 lb 14 oz
Fresh yeast	0.500 kg	5 %	1 lb 1.5 oz
Water, approx.	12.400 kg	124 %	27 lb 5.5 oz
Total weight	33.500 kg		73 lb 13 oz

Mixing time:	5 minutes slow + 4 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 minutes
Processing:	long-shaped
Final proof:	approx. 60 minutes
Baking temperature:	230° C (445° F), dropping to 200° C (390° F), giving steam
Baking time:	approx. 35 minutes
Instructions for use:	After the bulk fermentation time, scale the dough and mold round. Subsequently, process as desired, dip into the topping and allow to proof. Score before loading and bake giving steam.
Topping:	WELLNESS BREAD AKTIV D

¹More 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.

¹Nutrition Facts

Per 2 slices (75 g)

Calories 190 % Daily Value*

Fat 4.5 g 6 %
 Saturated 0 g
 + Trans 0 g 0 %

Carbohydrate 29 g
 Fibre 3 g 11 %
 Sugars 0 g 0 %

Protein 7 g

Cholesterol 0 mg

Sodium 370 mg 16 %

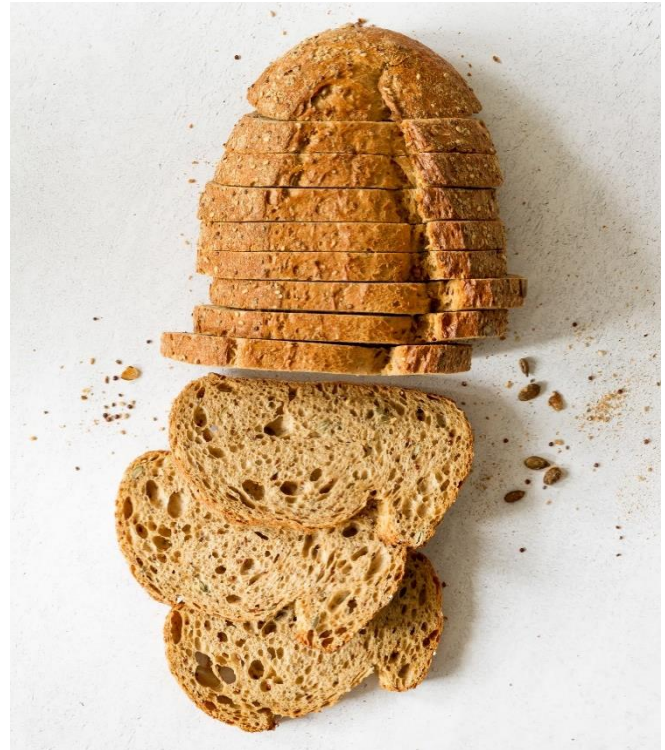
Potassium 50 mg 1 %

Calcium 30 mg 2 %

Iron 2.5 mg 14 %

Vitamin D 1.5 µg 8 %

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



The Nutritional Fact Table is based upon the preparation of the WELLNESS BREAD AKTIV D according to the standard recipe from IREKS.

¹Possible health claims on the final baked goods using WELLNESS BREAD AKTIV D:

- Vitamin D is a factor in the formation and maintenance of bones and teeth
- Vitamin D enhances calcium and phosphorus absorption and utilization
- Vitamin D helps build strong bones and teeth
- Vitamin D builds and maintains strong bones and teeth
- Vitamin D improves calcium absorption
- Vitamin D improves calcium and phosphorus absorption