



COID: 70812 HIGHER LEVEL



Food Safety

CERTIFICATED

BRC SITE CODE: 1679702 GRADE: AA



30%
PROTEIN



**HIGH
PROTEIN**



**HIGH
FIBRE**



**LOW SUGAR
CONTENT**



**SUITABLE
FOR VEGAN**

PROTEIN 30[®]
ALTO CONTENUTO PROTEICO
HIGH PROTEIN CONTENT

MIX FOR **PROTEIN BREAD**



PROTEIN 30[®]

ALTO CONTENUTO PROTEICO



MIX FOR **PROTEIN BREAD**

Powdered semi-finished product for bakery, professional use only.

Protein 30[®] is the complete mix formulated for high protein breads. Thanks to a balanced mix of ingredients precious for the well-being of the organism, such as the oatmeal, sunflower seeds, flax seeds, pumpkin and wheat bran, makes bread tasty and genuine. Ideal for those who practice sports and for all those who choose a balanced and healthy lifestyle, without sacrificing the taste of good bread.

INGREDIENTS: vital wheat gluten, flour of oats, wheat flour "00" manitoba*, soy protein, seeds of sunflower 6%, flax seeds 6%, pumpkin seeds 6%, wheat bran, low sodium salt, pasta dried mother of wheat germ, yeast deactivated, enzymes.

May contain milk, egg, sesame seeds and lupins.

*The flour has been treated with L-ascorbic acid, which has technological function. Not a trace remains once cooked the product and therefore does not need to be declared on the label.

DOSAGE: 100%.

CHARACTERISTICS

- » **Without E471-E472**
- » **Rich in oil seeds**
- » **With wheat bran**
- » **With low sodium salt**
- » **Tasty and inviting**

RECOMMENDED FOR

- » **Protein bread**

PACKING:

10 kg cod 500 - Food bag (Paper | Pe HD)

STORAGE:

12 months. Keep in a cold and dry place. Close after use. Temperature of storage: max 25°C.

The storage conditions of the product determine his behavior and performance during use. An incorrect storage can compromise them.



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The nutritional claims refer to bread obtained with this product, according to our recipe.

This bread is ideal when consumed as part of a diet varied and balanced, combined with a healthy lifestyle.

Average nutritional values per 100 g*

| | |
|----------------------------------|------------|
| Energy KJ Kcal | 1101 263 |
| Fat g | 8 |
| Of which saturated fatty acids g | 1.4 |
| Carbohydrates g | 13.7 |
| Of which sugars g | 1.5 |
| Fibers g | 8 |
| Protein g | 30 |
| Salt g | 1.5 |

*The values indicated have to be considered average obtained from the sum of the nutritional values of the individual ingredients of the finished product, prepared according to the recipe.

RECIPE FOR BREAD:

INGREDIENTS

| | |
|-------------------------------------|-------|
| Mix Protein 30 [®] - Bread | 10 kg |
| Water | 8.5L |
| Fresh brewer's yeast | 260 g |

METHOD

Mix all the ingredients for about 5 minutes in 1st speed (spiral mixer). Start the 2nd and knead for another 8 minutes. Final temperature of the dough: about 27°C. Spotting: 30 minutes in a marl.

Divide into pieces of about 100 g and form some loaves. After putting them in force, decorate them with a mix of seeds to taste.

Leavening: 50-60 minutes in the cell at 28-30°C.

Bake with steam at 210°C for 18 minutes, opening the steam vent halfway through cooking.

To obtain a drier product, bake at 180°C for 10-15 minutes more by opening the vapor vent valve.

www.ilgranaiodelleidee.com

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