



## BAKELS COUNTRY OVEN MULTISEED BREAD MIX

### OVERVIEW

It is a delicious and nutritious food. It comprises pumpkin, linseed and sunflower seeds, combined with wheat bran and oat flakes to make a tasty bread with extra bite despite its coarse and open texture.

### USAGE

100% on total flour

### INGREDIENTS

Wheat Flour, Sunflower Seeds, Linseeds, Flour Protein, Pumpkin Seeds, Oats, Rye, Wholemeal Bran, Dehydrated Sour Dough, Salt, Sugar, Permitted Colouring (E150(d)), Permitted Emulsifier (E472 (E)), Mineral Salt (E170), Flour Improver (E300), Enzyme

### PACKAGING

Code	Size	Type	Palletisation
3993	15 KG	Bag	

## NUTRITIONAL INFORMATION

Type	Value
Energy (kJ)	1,660.00
Energy (Kcal)	397.00
Protein (g)	18.80
Fat (g)	19.20
Fat (of which saturates)(g)	1.70
Carbohydrate (g)	44.30
Carbohydrate (of which sugars)(g)	3.50
Fibre (g)	3.30
Sodium (g)	1,270.00

## METHOD

Group 1	
Ingredient	KG
BAKELS COUNTRY OVEN MULTISEED BREAD MIX	1.000
Bread Flour	1.000
BAKELS INSTANT ACTIVE DRIED YEAST	0.020
Water	1.050
<b>Total Weight: 3.070</b>	

## DESCRIPTION

1. Mix into a well develop dough. 2. Allow dough to rest for 15 minutes before process. 3. Scale 450 g dough and mould into oblong shape,give approximate 60 minutes proofing at 35°C and 75% relative humidity. 4. Bake at 210°C for 30 minutes.



### STORAGE

Cool and dry conditions 18 ± 2°C



### SHELF LIFE

365 days



### TYPE

Bag



### ALLERGENS

Wheat, Wheat Products, Rye, Rye Products, Barley, Barley Products



### CATEGORY

Breads, Rolls & Pastry, Bread Mixes



### FINISHED PRODUCT

Multiseed Low Gi Bread



### BRANDS

Bakels