

Happy Gut Bread



Our bakers incorporated extra fiber thanks to the use of Sapore Baiota, our wheat bran sourdough. The association with sprouted rye kernels will allow you to enjoy a full tasty and healthy eating experience, this with a nutriscore A.

INGREDIENTS

Dough ingredients	g	%
Flour duo	700	70
Wholemeal flour	300	30
Water	800	80
Salt	20	2
Fresh yeast	8	0.8
S500 Wholemeal CL	50	5
Sproutgrain Rye	350	35
Sapore Baiota	100	10
Intens Short Bite	3	0.3
Total dough	2,331	

WORKING METHOD

Mixing

Mixing spiral	8 min. at first speed - 3 min. at second speed
Dough temperature	26 °C
Bulk fermentation	30 min. at ambient temperature

Make up/filling

Final fermentation	Overnight at 4 °C, 80 % humidity
--------------------	----------------------------------

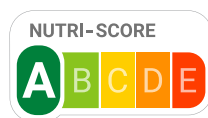
Decoration before baking

Decoration before baking	Rye flour, cut in paneotrad pavé program.
--------------------------	---

Scale	600 g
-------	-------

Baking

Oven temperature	250 °C falling to 230 °C
Baking time	35 min.



Nutritional value per 100 g*

Energy	Fat / Saturated Fat	Carbohydrates / Sugars	Fibers	Proteins	Salt
783 kJ / 185 kcal	1.2 g / 0.2 g	33 g / 3.4 g	5.62 g	7.3 g	0.84 g

* Indicative values based on theoretical calculations.

