



# Superseed Bread Mix Low GI

## Overview

A pale brown to grey coloured, free flowing powder that has an even dispersion of selected seeds.

### Intended Use/Abuse:

- SUPERSEED BREAD MIX – LOW GI is a 50 % premix requiring only the addition of flour, yeast and water to produce a superior healthy loaf containing selected seeds and low in GI (Glycaemic Index). Suitable for consumers who want sustainable weight loss.
- Intended for all types of consumers.
- Damaged packaging can result in product contamination. Prevent exposure to air, or strong vapour to maintain organoleptic and sensory properties of the product.



### Storage

Cool and dry conditions



### Shelf Life

270 days



### Type

Powder



### Allergens

Wheat, Gluten, Soya, Sesame seeds,  
Milk



### Category

Speciality Bread and Roll Mixes



### Dietary

Halaal certified

## Usage

As per recipe.

## Ingredients

Wheat Flour, Rolled Oats, Rye Flour, Linseed, Sunflower Seeds, Wheat Gluten, Bran, Soya Gritts, Sucrose, Sodium Chloride, Sesame Seeds, Acidity Regulator (E330, E270, E262), Wheat Protein, Dextrose, Vegetable Fat and/or Oil (Rapeseed and Palm), Glucose Syrup, Milk Protein, Preservatives (E282, E263), Modified Starch, Soya Flour, Thickener (E412 and Maize Starch), Oxidizing Agent (E300), Enzymes

## Packaging

Code	Size	Type	Palletisation
39435	12.5 KG	Poly bag	



## Ingredients

Group 1	
Ingredient	KG
Superseed Bread Mix Low GI	12.500
Bread flour	12.500
Yeast (Wet)	0.900
Cold Water (Soaking)	15.000
<b>Total Weight: 40.900</b>	

Soak SUPERSEED LOW GI MIX in cold water for 1/2 an hour. Add all remaining ingredients into the mixing bowl. Mixing time depends on type of mixer used. Dough temperature 28°C - 30°C. Floor time 10 minutes. Scale as required. First proof 10 minutes. Mould as required. Final proof ±45 minutes. Bake at ±225°C with steam at start of baking.

## Nutritional Information

Type	Value
Energy (kj)	1059
Protein (g)	12.3
Carbohydrates (g)	38.0
Sugars (g)	2.3
Total Dietary Fibre	7.7
Total Fat (g)	3.84
Saturated fat (g)	0.79
Mono-unsaturated fat (g)	1.10
Poly-unsaturated fat (g)	1.95
Ash (g)	2.59
Moisture (g)	35.6
Sodium (mg)	402

## Additional Information

All information and recommendations are based on tests and research believed to be reliable. No guarantee of their accuracy is made however. Since the manufacturers have no control over the conditions under which the products are transported to, stored, handled or used by purchasers all recommendations are made on the condition that the manufacturers and sellers will not be held liable for any damages resulting from their use. No representative of the manufacturers has the authority to waive or change the above provisions, but our technical staff is available to assist purchasers in adapting the fore mentioned products to their needs and circumstances. Nothing contained herein shall imply a recommendation to infringe any patents now or hereafter in existence.