



**CHALKIDIKI
FLOUR MILLS SA**



QUALITY CONTROL LABORATORY
traditional quality

Bread for diabetics

	Ingredients	Quantity
1	Flour Malt & Grain	5000 g
2	Yeast	150 g
3	Water	3300 g
	TOTAL	8450 g

Nutrient content per 100 g bread:

Energy :	213 kcal
Protein:	8 g
Carbonhydrate:	34 g
Fat:	5 g
Fibres:	9 g

PROCEDURE

Mix all the ingredients to well-developed dough for 10' at low speed.

The dough should be soft and sticky.

Rest for 4 hours.

Cut, mold, fill the forms and proof at 35° C with 70% H for 60' (approx.).

Bake at 220° C for 50' approx.

