

Pulse Fortified Bread

Ingredients	%
Wheat Flour - Bread (12-14% protein)	80
Defflavoured Pulse Protein (Pea or Faba Bean)	20
Vital Wheat Gluten	5
Shortening	8
Sugar	6
Salt	1.5
Yeast	1.2
Water	65

Procedure

- Mix the bread flour, Deffavored Pulse Protein, salt, and sugar in a stand mixer
- Add yeast, shortening, and water to the bowl
- Mix at low speed for 5 min
- Mix at high speed until the dough is fully developed
- Proof at 85%RH at 35°C for 1 h
- Mold the dough into the pan
- Proof at 85%RH at 35°C for 45 min
- Bake at 180°C for 30 min

Nutrition Facts

Serving size (100g)	
Amount per serving	
Calories 260	
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	19%
Total Carbohydrate 39g	14%
Dietary Fibre 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 88mg	6%
Iron 3mg	15%
Potassium 276mg	6%
Magnesium 48mg	10%

*The % Daily Value tells you how much nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram Fat 9 • Carbohydrate 4 • Protein 4



Contact us:

For more information or to speak to somebody about this recipe please call your local Univar Solutions representative or contact us at:

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