



**Proteins, fibres, phosphorus, B9 vitamin & Oméga 3 ( $\Omega 6 / \Omega 3 = 2,4$ )  
The healthy and tasty sandwich loaf !**

**✓ RECIPE :**

Ingredients	%	Ingredients	%
Wheat flour	71	Fresh yeast	3
Colza oil	6	Sunflower seeds	2
Sugar	3	Flax seeds	2
<b>FARILUP 500 Lupin flour</b>	<b>3</b>	Salt	2
<b>PEPILUP 1300 Lupin grits</b>	<b>3</b>	Gluten	2
Wheat germ	3	Water	+ 42,5%

**✓ PROCESS :**

- Basis temperature\* = 58°C
  - Kneading : 3 min speed 1, 8 min speed 2
  - Resting time : 45 minutes
  - Shaping, filling up the tin
  - Rest : 2h30min / 25°C
  - Cooking : 26 minutes / 220°C
- \* Basis temperature = Flour temperature + Air temperature + Water temperature

**✓ NUTRITIONAL VALUE FOR 100g OF BREAD :**

Energetic value	287kcal	Lipids	7g
Proteins	10g = 14 % of TEI*	Of which SFA*	9,7%
Carbohydrates	46g	Of which MUFA*	50%
Fibres	4g = 20% of RDA	Of which PUFA*	40,3%
Phosphorus	128mg = 16% of RDA	- Omega 6	1,8g
B9 Vitamin	47µg = 23,5% of RDA	- Omega 3	0,8g = 40% of RDA

\*TEI = Total Energetic Intake  
\*RDA = Recommended Daily Allowances (in France)

\*SFA = Saturated Fatty Acid  
\* MUFA = Monounsaturated Fatty Acid  
\* PUFA = Polyunsaturated Fatty Acid