



Source of fibres and 3-omega

✓ RECIPE :

Ingredients	Proportion (%)
Wheat flour	31.4
Margarine or oil	13.6
Caster sugar	13.4
Whole fresh eggs	6.3
Milk proteins isolate	11.5
FARILUP 350T Toasted lupin flour	9.5
PEPILUP 1300 Lupin grits	8.5
Sodium caseinate	3.8
Baking powder	0.4
Salt	0.4
Lemon aroma	1.2
water	31

✓ The biscuits are :

- High in proteins (23% of TE)
- Source of fibres (5.5g/100 g)
- Rich in phosphorus (310 mg/100 g)
- Source of Omega fatty acid (0.5g/100g), with a balanced ratio Omega 6/ Omega 3 (<10)

✓ PROCESS :

- Salt + sugar + whole eggs.
- + fat : 5 minutes in low speed + 10 minutes in fast speed
- + wheat and lupin flour, baking powder, lupin grits, and dairy proteins
- + water and aroma
- Rest of the mixture for 10 minutes
- Lamination, cutting up
- Cooking : 175°C for 30 minutes

✓ NUTRITIONAL VALUES FOR 100g OF BISCUITS :

Proteins, g	26 (23% of TCI)	Calorific value	436Kcal
Carbohydrates, g	46.9	Fibres, g	5.5g
Lipids, g	17.5	Calcium, mg	215mg
SFA	38%	Sodium, mg	300mg
MUFA	34.3%	Phosphorus, mg	310mg
PUFA	22,8%	Potassium, mg	340mg
Omega 6, g	3.5	Magnesium, mg	40mg
Omega 3, g	0.4	Iron, mg	2mg
Omega 6 / Omega 3	7.48		