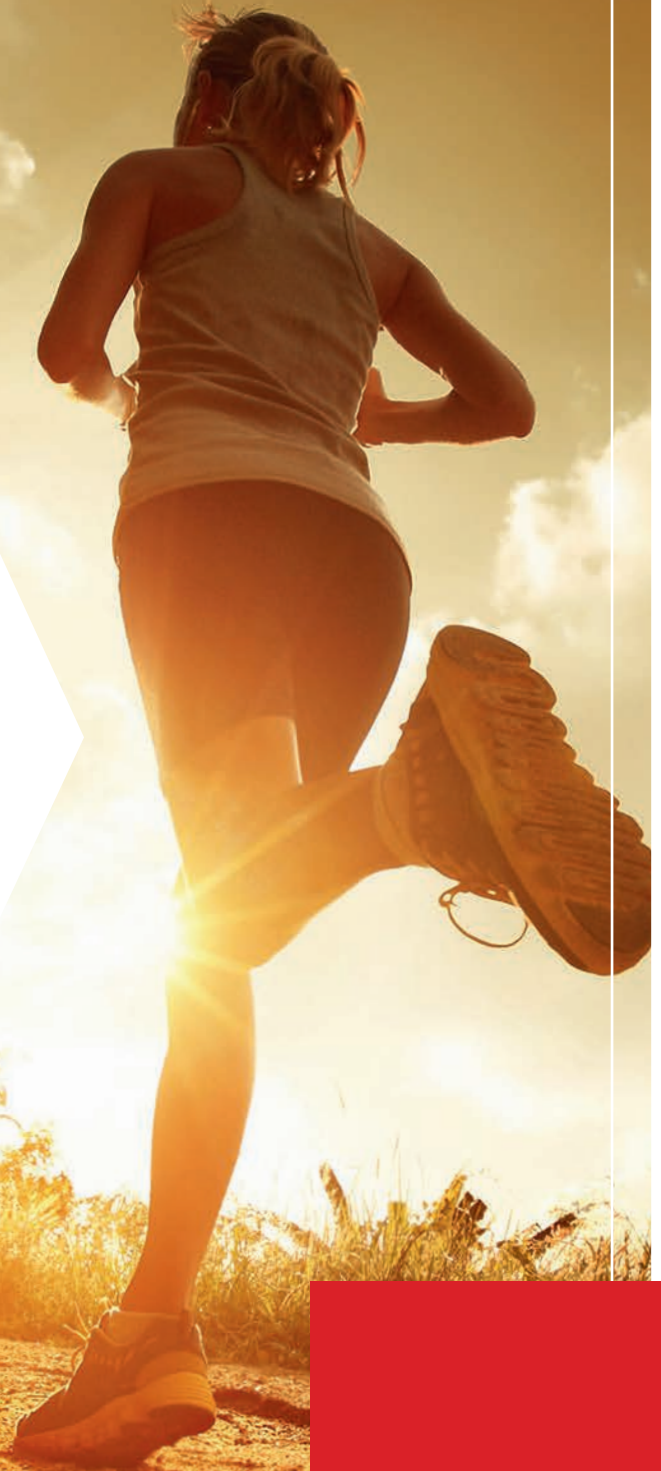




STRIDES AHEAD  
**WITH THE POWER  
OF WHOLE GRAIN!**

**ACTIPAN**®

- ✓ Wholegrain bread for active people
- ✓ Source of carbohydrates and energy
- ✓ High proportion of fibre and protein
- ✓ Natural source of vitamins and minerals



**backaldrin**®





# ACTIPAN

BR 5038 INT

## Starter dough

- 1.900 kg linseeds
- 1.500 kg shredded soy
- 1.200 kg **Sunflower Seeds** (1664)
- 8.000 kg water (22 – 25 °C)
- 12.600 kg Starter dough

Leave to swell for approx. 1 hour.

## Dough

- 12.600 kg Starter dough
- 5.000 kg wholegrain wheat flour
- 5.000 kg wholegrain rye flour
- 3.000 kg **ActipanMix** (3300)
- 6.300 kg water (approx.)
- 0.400 kg yeast
- 0.460 kg salt
- 0.770 kg **BAS special** (1249)
- 33.530 kg Dough

## Processing

- Kneading time: 6 – 8 minutes at low speed  
1 – 2 minutes at high speed
- Dough temperature: 26 – 28 °C
- Dough rest: 15 – 20 minutes
- Scaling weight: ca. 0.050 kg/loaf (baking mould 1.4 litre)
- Baking temperature: 250 °C falling to 200 °C
- Baking time: 45 – 50 minutes

## Production

For the starter dough mix linseeds, shredded soy, **Sunflower Seeds** (1664) with water and leave to swell for approx. 1 hour. Knead starter dough and remaining ingredients to a medium-firm dough. After resting time, weigh out dough pieces, shape them lengthwise, moisten with water and roll in **Sunflower Seeds** (1664). Place into baking moulds and set on fermentation. Once 3/4 of fermentation is achieved, bake with steam. Open vent after 2 minutes and finish baking at a falling temperature. The loaves can also be placed directly onto baking trays or racks and baked freely.

Scan for the demonstration video:



# ACTIPAN ROLLS

KG 5025 INT

## Starter dough

- 1.900 kg linseeds
- 1.500 kg shredded soy
- 1.200 kg **Sunflower Seeds** (1664)
- 8.000 kg water (22 – 25 °C)
- 12.600 kg Starter dough

Leave to swell for approx. 1 hour.

## Dough

- 12.600 kg Starter dough
- 9.000 kg wholegrain wheat flour
- 1.000 kg wholegrain rye flour
- 3.000 kg **ActipanMix** (3300)
- 5.600 kg water (approx.)
- 0.500 kg yeast
- 0.450 kg salt
- 0.200 kg **BAS T** (1253)
- 0.400 kg **Ferma Clean Label Special** (2900)
- 32.750 kg Dough

## Processing

- Kneading time: 6 – 8 minutes at low speed  
3 – 4 minutes at high speed
- Dough temperature: 26 – 28 °C
- Dough rest: 5 – 10 minutes
- Scaling weight: 0.100 kg (with sprinkling at the top and the bottom: approx. 0.015 kg sunflower seeds)
- Baking temperature: approx. 245 °C
- Baking time: 17 – 18 minutes

## Production

For the starter dough, mix linseeds, shredded soy, **Sunflower Seeds** (1664) with water and leave to swell for approx. 1 hour. Knead starter dough and the remaining ingredients to a medium firm dough. After resting time shape into bars or square rolls, moisten and dunk the top and the bottom into **Sunflower Seeds** (1664). Place onto baking trays and set on fermentation. Once 3/4 of fermentation is achieved, bake with steam. Open vent 2 minutes before end of baking time and finish baking.



# ACTIPAN®

## Your bread. Your energy.

Is the slogan of the wholegrain bread that is aimed fully at meeting the nutritional needs of active people.

- Actipan® is a source of carbohydrates and energy, with a high fibre and protein content
- Particularly impressive is the fine selection of choice ingredients:
  - Wheat germ** delivers a high proportion of polyunsaturated fatty acids
  - Quality **cereal** and **legume sprouts**, e.g. maize, millet, red clover, alfalfa and lentil, serve as a natural source of vitamins and minerals
  - Amaranth** provides high-quality-protein, containing essential amino acids such as L-lysine
  - Selected **seeds** contain valuable oils and also enhance the flavour
- The bread pairs as well with wholesome meals as with sweet combinations. Perfectly suited to any meal, even as an in-between snack
- The full-bodied, well-balanced flavour is as convincing as the longer lasting freshness and sliceability



## Product information

**Product number:** 3300

**Packaging:** 25 kg paper bag

- Product advantages:**
- ✦ The basis for “Actipan®”
    - contains high quality sprouts, wheat germ and amaranth
  - ✦ Clean Label (no enzymes)
  - ✦ Stable dough – ideally suited to machine processing
  - ✦ Suitable for baking in moulds as well as freeform
  - ✦ For an elastic crumb and easy slicing
  - ✦ For excellent, long-lasting consumption freshness

### Information relating to Actipan® Bread

Actipan® (BR-5038 INT)

**Description:** wholegrain bread (35.4 % wholegrain products)

#### Calorific and Nutritional Values:

Information in accordance with the EU Nutrition Labelling Directive, EU No. 1169/2011

| average value and/or content (approx.)/100 g |                |                       |
|--|----------------|-----------------------|
| Energy                                       |                | 1104 kJ<br>263.8 kcal |
| Fat  |                | 10.2 g                |
| – of which, saturated fatty acids            |                | 1.2 g                 |
| – of which, mono-unsaturated fatty acids     |                | 2.5 g                 |
| – of which, polyunsaturated fatty acids      |                | 6.1 g                 |
| Carbohydrates                                |                | 25.3 g                |
| – of which, sugar and types of sugar         |                | 3.2 g                 |
| Dietary Fibre <sup>1</sup>                   |                | 8.5 g                 |
| Protein <sup>2</sup>                         |                | 13.3 g                |
| Salt (Na x 2.5)                              |                | 1.48 g                |
| Recommended*                                 | 100 g contains | NRV (%)               |
| Thiamine (mg)                                | 0.52           | 47.0                  |
| Vitamin B6 (mg)                              | 0.35           | 24.9                  |
| Folic Acid (µg)                              | 70.22          | 35.1                  |
| Phosphorus (mg)                              | 302.98         | 43.3                  |
| Magnesium (mg)                               | 130.12         | 34.7                  |
| Iron (mg)                                    | 3.52           | 25.1                  |

\*Reference values for an average (8400 kJ/2000 kcal)

#### Ingredients:

water, **wheat wholegrain flour**, **rye wholegrain flour**, sunflower seeds, linseeds, shredded **soy**, wheat gluten, sprout mixture (**spelt**, maize, **wheat**, millet, red clover, lucerne, flax, lentil, pea), dried **rye sourdough** (**rye flour**, water), salt, yeast, sugar, **wheat** germ, acid (acetic acid), amaranth flour, psyllium husks, potato flakes.

#### Allergens:

cereals and cereal products containing gluten, soybeans and products thereof

#### Possible nutritional claims in accordance with Regulation [(EC) 1924/2006]:

- <sup>1</sup> High fibre content
- <sup>2</sup> High protein content

This data was calculated according to recipe and information from Souci-Fachmann-Kraut. In the field of foodstuffs the composition of ingredients is always subject to slight natural fluctuations. The specifications on the datasheet are based on our own knowledge and experience and serve as non-committal information. Please observe your national food law. These specifications are subject to change without further notice.

### Information relating to Actipan® Roll

Actipan® (KG-5025 INT)

**Description:** wholegrain roll (34.3 % wholegrain products)

#### Calorific and Nutritional Values:

Information in accordance with the EU Nutrition Labelling Directive, EU No. 1169/2011

| average value and/or content (approx.)/100 g |                |                       |
|--|----------------|-----------------------|
| Energy                                       |                | 1230 kJ<br>294.1 kcal |
| Fat  |                | 12.8 g                |
| – of which, saturated fatty acids            |                | 1.5 g                 |
| – of which, mono-unsaturated fatty acids     |                | 3.2 g                 |
| – of which, polyunsaturated fatty acids      |                | 7.6 g                 |
| Carbohydrates                                |                | 25.6 g                |
| – of which, sugar and types of sugar         |                | 4.4 g                 |
| Dietary Fibre <sup>1</sup>                   |                | 8.7 g                 |
| Protein <sup>2</sup>                         |                | 14.7 g                |
| Salt (Na x 2.5)                              |                | 1.38 g                |
| Recommended*                                 | 100 g contains | NRV (%)               |
| Thiamine (mg)                                | 0.63           | 57.5                  |
| Vitamin B6 (mg)                              | 0.39           | 27.6                  |
| Folic Acid (µg)                              | 62.85          | 31.4                  |
| Phosphorus (mg)                              | 332.48         | 47.5                  |
| Magnesium (mg)                               | 151.19         | 40.3                  |
| Iron (mg)                                    | 3.82           | 27.3                  |

\*Reference values for an average adult (8400 kJ/2000 kcal)

#### Ingredients:

**wheat** wholegrain flour, water, sunflower seeds, linseeds, shredded **soy**, **wheat** gluten, **rye** wholegrain flour, sprout mixture (**spelt**, maize, **wheat**, millet, red clover, lucerne, flax, lentil, pea), yeast, salt, sugar, dried **rye** sourdough (**rye flour**, water), **wheat** germ, **wheat** flour, malt flour (**wheat, barley**), amaranth flour, psyllium husks, potato flakes, dextrose.

#### Allergens:

cereals and cereal products containing gluten, soybeans and products thereof

#### Possible nutritional claims in accordance with Regulation [(EC) 1924/2006]:

- <sup>1</sup> High fibre content
- <sup>2</sup> High protein content