

# Sodium reduced bread

35 % sodium reduction  
with sub4salt®



| Ingredients            | Quantity |          | Baker's percentage |
|------------------------|----------|----------|--------------------|
| 1 Wheat Flour Type 550 | 61.70 %  | 500.00 g | 100.00 %           |
| 2 Water                | 35.10 %  | 285.00 g | 57.00 %            |
| 3 Yeast                | 0.90 %   | 7.00 g   | 1.40 %             |
| 4 Sugar                | 1.20 %   | 10.00 g  | 2.00 %             |
| 5 sub4salt® N1000      | 1.10 %   | 9.00 g   | 1.80 %             |
| Total                  | 100.00 % | 811.00 g |                    |

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## Directions

### Dough preparation

- 1 Blend dry ingredients and mix with cold water
- 2 Knead into a dough for 4 min at 200 rpm and 7 min at 350 rpm
- 3 Divide dough into pieces of 600 g
- 4 Give dough pieces floor time of 15 min at room temperature
- 5 Round dough pieces and place them into a fatted baking pan
- 6 Let dough proof for 60 min at 30 °C and 80 % humidity
- 7 Bake the bread with following baking program: 240 °C for 10 min with 400 ml steaming, 230 °C for 10 min, 210 °C for 15 min (closed lid).

## Nutrition Information

|                 | 100 g serving     | per bread 810 g     |
|-----------------|-------------------|---------------------|
| Energy          | 910 kJ / 215 kcal | 7371 kJ / 1738 kcal |
| Protein         | 6.70 g            | 54.10 g             |
| Carbohydrates   | 45.60 g           | 369.60 g            |
| of which sugars | 1.20 g            | 9.70 g              |
| Fibres          | 2.60 g            | 21.40 g             |
| Fat             | 0.70 g            | 5.70 g              |
| Sodium          | 274 mg*           | 2223 mg*            |
| Salt equivalent | 0.70 g            | 5.70 g              |

## Nutrition Claims

35 % sodium reduced\*\*



\* According to UK salt targets recommending 0.70 g salt resp. 275 mg sodium / 100.00 g bread

\*\* Sodium reduced as compared to leading market products containing 450 – 600 mg sodium / serving

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For further inquiries, please contact: [info@salt-minerals.com](mailto:info@salt-minerals.com). The information contained herein is meant to demonstrate how our products can be used. This formulation has been subjected to limited stability tests and has been shown to perform well. The given data are suggestions without any guarantee aimed to support customers' development.