

Sodium reduced bread

50 % 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® Plus50	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	198 mg*	1607 mg*
Salt equivalent	0.50 g	4.10 g

Nutrition Claims

50 % 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. 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.