

# BREAD MIX

## LOW PROTEIN BREAD MIX



Enhancing Lives Together  
A Nestlé Health Science Company

500 g + 10 g

### BASIC RECIPE: BREAD

250 g Bread Mix, one pinch of salt, 5 g dried yeast, 15 g oil, 300 ml water

Mix the Bread Mix, salt and dried yeast together, add the oil and water and continue to mix for several minutes with a hand blender to form a smooth mixture. Oil a rectangular baking tin and sprinkle with Bread Mix, fill with the mixture and smooth out the surface using the back of a wet spoon. Cover the baking tin with a piece of clingfilm covered in oil. Leave the dough to stand for 30 minutes in a warm place. Then remove the clingfilm from the tin, brush the bread surface with oil and place the bread in the pre-heated oven at 230°C (or 210°C if fan-assisted). Bake the bread for 35–40 minutes.

Food for Special Medical Purposes. For use in the dietary management of inherited metabolic disorders (e. g. Phenylketonuria), or conditions requiring a low protein diet.



### FOR BREAD, PIZZA AND MORE

✓ A versatile mixture for baking all kinds of tasty homemade bread and other dough-based foods, including pasta

**INGREDIENTS:** Gluten free **wheat** starch, maize starch, rice starch, thickeners: hydroxypropyl methyl cellulose, guar gum; dextrose, potato flour, vegetable fibre (psyllium).

**CONTAINS ONE SACHET OF DRIED YEAST (10 g).**

**INGREDIENTS:** dried yeast, emulsifier: sorbitan monostearate.

Nutrition declaration	Bread Mix 100 g	Yeast 10 g	* 1 slice 20 g
Energy	1475 kJ 348 kcal	141 kJ 34 kcal	163 kJ 38 kcal
Fat	0.4 g	0.5 g	0.1 g
of which saturates	0.2 g	0.2 g	0 g
Carbohydrates	84 g	1.3 g	8.9 g
of which sugars	1.9 g	0 g	0.1 g
Fibre	3.4 g	2.4 g	0.7 g
<b>Protein</b>	<b>0.5 g</b>	<b>4.8 g</b>	<b>0.1 g</b>
of which Phenylalanine	17 mg	190 mg	4 mg
of which Tyrosine	13 mg	173 mg	3 mg
of which Leucine	28 mg	314 mg	7 mg
Salt	0.06 g	0.03 g	0.11 g
of which Sodium	24 mg	10 mg	42 mg
Potassium	28 mg	173 mg	8 mg
Phosphorus	34 mg	91 mg	5 mg

\* Based on the basic bread recipe. Total 22 portions: 1 slice = 20g

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www.mevalia.com  
info@mevalia.com

BREAD MIX is a food for special medical purposes and must be used under medical supervision.