

# Fiberflour bread

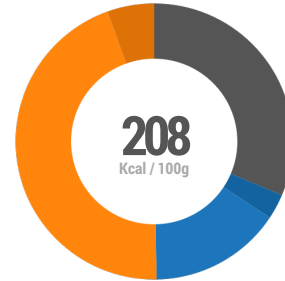
By Anna McElhinney from Eatwise



eatwise

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Overview ...



WEIGHT:

**18.4% Carbs**  
**31.4% Protein**  
**50.3% Fat**

Food Labelling...

## EU Label values per 100g

Serves **13**

	PER 100G	%RI	PER 55G SERVING	%RI
Energy(Kj)	<b>1070</b> kJ	13%	<b>589</b> kJ	7%
Energy(Kcal)	<b>258</b> kcal	13%	<b>142</b> kcal	7%
Fat	<b>12</b> g	17%	<b>6.4</b> g	9%
<i>of which saturates</i>	<b>1.3</b> g	7%	<b>0.7</b> g	4%
Carbohydrate	<b>9.6</b> g	4%	<b>5.3</b> g	2%
<i>of which sugars</i>	<b>1.5</b> g	2%	<b>0.8</b> g	1%
Fibre	<b>24</b> g	96%	<b>13</b> g	52%
Protein	<b>17</b> g	34%	<b>9.1</b> g	18%
Salt	<b>0.74</b> g	12%	<b>0.41</b> g	7%

CONTAINS:



WHEAT



PEANUTS



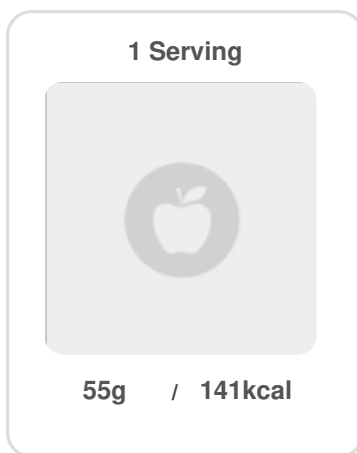
EGGS

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) <b>10% RI</b>	Saturated Fat <b>6% RI</b>	Vitamin A (ret eq) <b>2% RI</b>
Energy(Kj) <b>10% RI</b>	Monounsaturated fat <b>5% RI</b>	Retinol
<b>208kcal</b>	<i>cis-Mono</i>	Carotene
<b>870kJ</b>	Polyunsaturated fat <b>4% RI</b>	Vitamin D <b>3% RI</b>
<b>Macronutrients</b>	<i>Omega3(n-3)</i> <b>8% RI</b>	Vitamin E <b>4% RI</b>
Carbohydrate <b>4% RI</b>	<i>Omega6(n-6)</i> <b>3% RI</b>	Vitamin K <sub>1</sub> <b>3% RI</b>
Protein <b>33% RI</b>	<i>cis-Poly</i>	Thiamin (B <sub>1</sub> ) <b>1% RI</b>
Fat <b>17% RI</b>	Trans-fatty acids	Riboflavin (B <sub>2</sub> ) <b>3% RI</b>
Water	Cholesterol	Niacin total (B <sub>3</sub> ) <b>2% RI</b>
Water from Drinks	<b>Minerals &amp; trace elements</b>	Niacin <b>0% RI</b>
Alcohol (0% ABV)	Sodium <b>12% RI</b>	Tryptophan
<b>Carbohydrate</b>	Potassium <b>1% RI</b>	Pantothenic Acid (B <sub>5</sub> ) <b>3% RI</b>
Starch	Chloride <b>56% RI</b>	Vitamin B <sub>6</sub> <b>1% RI</b>
Oligosaccharide	Calcium <b>1% RI</b>	Folates (B <sub>9</sub> ) Total <b>2% RI</b>
Fibre <b>98% RI</b>	Phosphorus <b>2% RI</b>	Vitamin B <sub>12</sub> <b>9% RI</b>
NSP	Magnesium <b>0% RI</b>	Biotin (B <sub>7</sub> ) <b>3% RI</b>
Sugars <b>2% RI</b>	Iron <b>1% RI</b>	Vitamin C
Glucose	Zinc <b>1% RI</b>	<b>Other</b>
Galactose	Copper <b>2% RI</b>	
Fructose	Manganese <b>0% RI</b>	
Sucrose	Selenium <b>2% RI</b>	

Recipe Ingredients ...	Quantity:	Description:
Fiberflour (original / ultrafine or 50/50 mix)	400g	
Water	250g	1 cup
Egg	61g	1x Large, Size 2
Ground Almonds	50g	0.5 Pack
Rapeseed oil	12.6g	1 tablespoon
Sugar, caster	5g	1 teaspoon
Fast Action Dried Yeast	7g	1 sachet
Salt	5g	1 level teaspoon

## Portions / Pack Sizes ...



## Cooking Instructions &amp; Notes

**Makes 13 portions**

1. Preheat oven to its lowest setting and turn off when it reaches this temperature. Ideally you want it to be around 30°C for 'proving' (allowing the yeast to work and the dough to rise)
2. Mix sugar and yeast with 250ml warm water (ideally 32-35°C) in a large jug and leave in the oven for 5-10 mins until it's frothy on top
3. Place flour, ground almonds and salt in a large mixing bowl
4. Make a 'well' in the centre and add the egg and oil, beat lightly with a fork. Add water / yeast mixture
5. Mix with a wooden spoon until the dough comes together
6. Turn out onto your worktop and knead for 5-7 minutes (look at the clock, it feels like forever but it's a good workout for the arms!). This is important to allow the bread to rise properly. The dough will feel sticky at first but smoother after kneading.
7. If making a loaf, shape into loaf size (regular loaf tin) or just into a brick shape
8. Oil the tin or a flat baking sheet and place the dough into the tin or onto the flat baking sheet. Cover with a clean tea towel and place into the (switched off) oven. Allow the dough to rise for an hour

9. Remove from the oven and keep covered in a draught-free place while the oven heats to baking temperature 190°C, bake the bread for 25-30 mins
10. You'll know the bread is cooked if you knock the base of the tin and it sounds hollow. Allow to cool slightly in the tin then turn out onto a wire cooling rack and cool completely before slicing into 13 portions

**FOR BREAD ROLLS:** Divide dough into 13 equal pieces after kneading and place on a greased baking sheet. Proceed as above but reduce baking time to about 15 minutes.

Can be frozen in portion packs wrapped in cling film or sandwich bags.