



Rye GI

BAKERY MIX
for the production of rye bread

Rye GI is a bread mix for the production of traditional rye bread. Rye GI is ideal for those who are health-conscious or require specialised dietary therapies. It is particularly recommended for diabetics and patients with postprandial glycaemic disorders. Bread made with Rye GI fits in perfectly with a healthy eating style. Bread made with Rye GI ensures a long feeling of satiety and, thanks to its high fibre content, it has a beneficial effect on the digestive system. Thanks to a high manganese content, it contributes to maintaining normal energy metabolism and healthy bones. Products from this mix are characterised by their traditional natural taste and aroma. An additional advantage of the products made with the use of Rye GI is the moist crumb.



The taste is a priority

- long-lasting freshness and moist crumb
- taste and appearance of natural rye bread
- unique aroma



Original and tasty bread supporting a healthy lifestyle

- low GI of the bread with a value of 53.8%*
- the bread is particularly recommended for diabetics and patients with postprandial glycaemic disorders
- high content of dietary fibre and manganese
- low glycaemic load in a slice of bread
- long feeling of satiety

*Certified and tested by the Department of Dietetics at the Warsaw University of Life Sciences.



BAKING WITH LESAFFRE solutions

The programme we have created focuses on quality nutrition and protection of our planet. It's a nutrition programme with a message - Let's take care of ourselves! By taking care of our body, we can enjoy a better quality of life. Our health depends on what we eat every day and on bread, which can be the basis of good nutrition and well-being if it has good ingredients and is tailored to specific lifestyle or dietary needs. **Lesaffre's commitment is to provide every baker with quality ingredients for bread production.**



Bread

APPLICATION

20%, i.e., 20 kg of mix for 80 kg of flour (directly into the flour before mixing).

		BREAD
RECIPE	Rye GI mix	200 g
	Rye flour type 720	800 g
	Lesaffre yeast	30 g
	Ritesa	28 g
	Water	820 - 880 g
TOTAL		1878 – 1938 g
PRODUCTION	Kneading (spiral)	8' + 3'
	Dough temperature	28 - 30 °C
	1st fermentation (ambient temperature)	30' - 40'
	Chunking	as per your choice
	Forming	baking mould
	2nd fermentation (30 °C / 80%)	25' - 35'
Baking (hearth oven) with evaporation		35' + 10' / 215 - 220 °C



STORAGE CONDITIONS

Store the product in a tightly closed container, in a dry and well-ventilated place out of direct sunlight (maximum temperature 25°C).

PACKAGING

25 kg bag

SHELF LIFE

12 months from production date

2023.06



By working with Lesaffre,
you will reinvent your bakery!