

# Fitty



## Processing advantages:

- Optimal dough consistency, dry doughs which can easily be moulded
- Unproblematic machine processing possible
- Highest level of processing reliability
- Optimal fermentation stability with all dough processes

## Baked goods characteristics:

- Attractive, rustic crust
- Appealing volume of baked goods
- Moist, substantial crumb
- Full aroma and flavour



### FITTY rolls

Sponge:	
FITTY	4.000 kg
Water	4.000 l
	8.000 kg

Allow to stand for 1 hour.

Dough:

Sponge	8.000 kg
Wheat flour	6.000 kg
FORMAT V 2000	0.100 kg
Instant yeast	0.150 kg
Water, approx.	1.800 l
Total weight	16.050 kg

Mixing time: spiral: 3 mins slow,

5 mins fast

Dough temperature: 26 - 27° C

Bulk fermentation time: none

Scaling weight: 1,800 g

Intermediate proof: 15 mins

Final proof: 40 - 50 mins

Baking temperature: 220° C, giving steam

Baking time: 18 - 20 mins

### FITTY toast

Sponge:	
FITTY	3.000 kg
Water	3.000 l
	6.000 kg

Allow to stand for 1 hour.

Dough:

Sponge	6.000 kg
Wheat flour	7.000 kg
IREKS SOFT	0.100 kg
IREKS-WHEAT SOUR	0.200 kg
Instant yeast	0.100 kg
Milk powder	0.250 kg
Salt	0.050 kg
Honey	0.400 kg
Water, approx.	3.000 l
Total weight	17.100 kg

Mixing time: spiral: 2 mins slow,

8 mins fast

Dough temperature: 26° C

Bulk fermentation time: none

Final proof: 50 - 60 mins

Scaling weight: 600 g

Initial baking temperature: 230° C, giving steam

and dropping to 210° C

Baking time: 30 - 35 mins

# The roll with added wellness!



+ vitamin E

+ calcium

+ magnesium

# Fitty

The goodness inside makes you feel great!



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IREKS

# The goodness inside makes you feel great!

## With dietary fibre and iodized salt

**FITTY** rolls are high in dietary fibre and because of this, they keep our metabolism and our digestion in action. Iodized salt makes a further daily contribution to health.

Nutritional values:  
100 g baked goods contain on average:

Caloric value	1127 kJ (267 kcal)
Protein	12.5 g
Carbohydrates	42.9 g
of which sugar	3.2 g
Fat	5.0 g
of which saturated fatty acids	0.8 g
Dietary fibre	6.2 g
Sodium	0.6 g
Calcium	160 mg
(= 20 % of the recommended daily dose)	
Magnesium	60 mg
(= 20 % of the recommended daily dose)	
Vitamin E	2.5 mg
(= 25 % of the recommended daily dose)	

25 g baked goods correspond to one bread unit

## Vitamin E - fitness for our cells

**Vitamin E** - the "cell-protection" vitamin is an indispensable helper when it comes to strengthening the body cells and our organism in the fight against factors caused by the environment and by stress. Without a sufficient supply of **Vitamin E**, it is very easy for exactly these notorious "free radicals" (cell-damaging substances) to attack our health.

## Calcium - the vital substance for teeth and bones

**Calcium** plays an important role in bone formation and bone strength. As from around the age of 30, our bone mass declines continually. Women especially are affected by an increased bone decomposition.

The valuable mineral supports the formation and preservation of bone tissue as well as the growth of teeth.

## Magnesium - provides the body with new energy

Up to three quarters of all Germans do not have an optimal supply of **Magnesium**. This is the result of a study carried out by the University of Giessen. And it is exactly this mineral which is extremely important for billions of body cells of the human organism. **Magnesium** activates the metabolism and plays a significant role in the function of nerves and muscles especially.

**Fitty**  
The goodness inside makes you feel great!

