



Nordic Sugar
Member of Nordzucker Group

fibrex®

Gluten free baking made easier

Fibrex® sugar beet fibre is an excellent source of dietary fibre and moisture retention in many gluten free formulations. The ability of the fibre to quickly absorb then slowly release moisture back in products post baking helps to overcome the challenges of dryness and crumb degradation. Add Fibrex to your products today and enjoy all the benefits of this world unique product.





Benefits

- Fibrex® is a clean label, cupboard ingredient which can transform your gluten free range
- Fibrex® comes in a range of grades which can be utilised in all types of products from biscuits and wafers to breads, cakes and muffins
- Fibrex® is made from processed sugar beets and is therefore by nature gluten free
- Fibrex® contains on average 67% dietary fibre of which 1/3 is soluble*
- Fibrex® has a very low cost in use because of its water absorption qualities
- Fibrex® is unique in the global ingredient market

*According to AOAC 45.4.07/NMKL 129. Some hemicelluloses, particularly arabans are exceptionally soluble in alcohol and therefore not recovered in the fibre analysis. However, their degree of polymerisation is well above 10 and they are therefore fibre according to current Codex Alimentarius and EU definitions. Taken this into account, the total fibre content is approx. 73%.

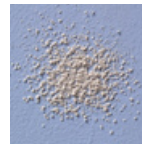
Application advice

Fibrex® is easy to use, select your grade carefully as the finer varieties will help create a desirable structure and increased volume and expansion where the coarser grades are more beneficial when looking at visual effect and soft mouth feel.

For the coarser particle sizes pre-soaking is recommended prior to use. Water absorption rates will vary from 5 times its own weight in water to a maximum of 8 times.

Usage levels can vary from 0.5% to a maximum of 4% on total dough weight and is completely dependent on the type of product you wish to achieve.

A wide range of grades



Fibrex® 595 – Best used in additions of 0.5–1.5% and is especially useful in products where the target is minimum colour change.



Fibrex® 600 – Slightly larger fraction than Fibrex 595 but with similar functionality and usage levels.



Fibrex® 610 – Resembles the size of a pin head oat flake and can be used in all types of breads, rolls and scones. The usage level would be slightly higher at 1–2% on starch weight and can be used in combination with the finer grades as well.



Fibrex® 620/630 – The two largest of grades best used in dosages between 2–4% on total dough weight to trap moisture and improve softness.

Dosage for soft breads

Grade	Recommended dosage in bread	Water addition	Size in mm
Fibrex® 595	0.5–1.5%	+2–3%	<0.125
Fibrex® 600	0.5–1.5%	+2–3%	<0.5
Fibrex® 610	1–2% on starch weight	+3–4% Pre-soaking recommended	0.4–1.4
Fibrex® 620	2–4%	+4–5% Pre-soaking recommended	Coarse (not milled)
Fibrex® 630	2–4%	+4–6% Pre-soaking recommended	Flaked

This leaflet is made in co-operation with Artisan Bakery Concepts, Broxburn, UK



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