



Nordic Sugar
Member of Nordzucker Group

fibrex®

in gluten-free products

Fibrex®, the sugar beet fibre, is by nature free from gluten with several benefits in all types of bakery, convenience food and health products. Besides fibre enrichment, its unique water holding capacity (WHC) of 3-3.5g water/g brings softness and prolonged freshness to gluten-free bread. Fibrex also gives juicier minced-meat products, better texture to emulsified products etc.





Enhancing softness in bread

Increased moisture in the bread delays staling and the bread stays soft longer. The ability of Fibrex to hold water is thermo stable and the water will be retained not only during and after baking but also during the freeze-thaw cycle.

Mix 0.5-2% Fibrex, calculated on the flour weight, directly into the dough and add 3-3.5g extra water/g Fibrex.

In pizza base and pastry, Fibrex improves the processability of the dough.

Frozen dough

As the WHC is unaffected by temperature, Fibrex works especially well in frozen dough and bake-off products. Fibrex will prevent frozen dough from drying out, thereby reducing freeze burns and crackling.

Meat

The ability of Fibrex to retain meat juice and hold extra water results in juicier minced-meat products with less frying losses. The texture is improved. Emulsified products become firmer in structure.

Other applications

It is often difficult to reach a high enough fibre content in a gluten-free diet. Fibrex contains 73% fibre, of which one third is soluble. An addition will boost the fibre content in several applications. Fibrex works well in müsli, extruded products, ready-made food, tablets and drinks. Fibrex is available in many different particle sizes and also as flakes. For further information, please see:

- Application advice
- Product data sheet
- Fibrex in the bakery
- Fibrex and health



Nordic Sugar
Member of Nordzucker Group