

FiberPasta

LOW GLYCEMIC INDEX PASTA



Available shapes: Penne, Fusilli, Sedani, Spaghetti, Tagliatelle, Linguine, Lasagna, Gramigna, Farfalle, Tubetti

Shelf life: 3 years

FiberPasta is an Italian functional pasta with a **very low glycemic index G.I. 23** (much lower than regular pasta) and **slow-release carbs**. It contains a **high fibre amount (15 g fibre per 100g)**, that means more than twice the fibre of dark whole wheat pasta, while still being able to offer **the same great taste as the traditional Italian pasta**. FiberPasta has a **low nickel content (0,071mg/kg)** and is also suitable for low nickel diets.

In the year 2001 the Italian **Ministry of Health** approved FiberPasta as “suitable for people suffering from the troubles of glucose metabolism (diabetes)”.

The high amount of fibre slows fats and carbohydrate absorption and **contributes to weight and cholesterol control** and **helps the digestive health**.

Wheat origin: Italy (Marche region)

CERTIFICATION:

Low glycemic index certification

Vegan Ok certification: suitable for vegans and vegetarians

INGREDIENTS: durum wheat semolina, 14% dietary fiber (wheat fiber, resistant starch, inulin).

NUTRITIONAL VALUE PER 100g: Energy kcal 330 / kJ 1381, fats 1g (of which saturates 0,4g), carbohydrate 58g (of which sugars 0,3 g), fiber 15g, protein 15g, salt 0g.