

FiberPasta®



FIBERPASTA FLOUR

15% FIBRE - LOW GLYCEMIC INDEX 29



1 Kg bag - 1 year shelf life – store in a cool and dry place

FiberPasta Flour is a **special flour mix** containing a **high fibre content** (15% fiber) and **low glycemic index** (G.I. 29). Even though it contains a so high amount of fibre, FiberPasta Flour has the same texture as the traditional flour, due to its **unique natural production process**. The flour we use is **selected among the highest quality Italian wheat flour**.

FiberPasta Flour mix is **useful for making bakery products like bread, pizza, cakes and even fresh pasta**. Due to the very high fiber amount, the dough made by FiberPasta flour requires a much higher quantity of water than the dough made by a traditional flour.

It is suggested by nutritionists for diabetic diets, weight loss and cholesterol control diets.

Ingredients: wheat flour 0, dietary fiber 14% (wheat fiber, resistant starch, inulin)

Nutritional Values x 100g: kJ/kcal 1381 / 330, fats 1g (of which saturates 0,5g), carbohydrate 58g (of which sugars 1,9g), fiber 15g, protein 12g, salt 0g