

FiberPasta®



500g bag - Shelf life: 18 months

FARINAPRO is a low carb high protein flour mix with 30% protein. It is a source of high quality vegetable protein, which are **wheat and pea protein** added, with an excellent amino acid profile thanks to the combination of legumes-cereals.. It has a **high fiber content (9%)** including inulin, a good fiber for the intestinal health.

It is ideal for making high-protein pancakes, pizza, bread, cakes (all kind of bakery products) and fresh pasta.

FARINAPRO protein flour mix is useful for:

- high protein diets of athletes and sportsmen
- increasing daily protein intake
- fighting against the loss of muscle mass prevalent in advanced age
- diet of vegans where vegetable proteins are a fundamental part

Due to the very high protein and fiber amount, the dough made by FarinaPro protein flour mix requires a much higher quantity of water than the dough made by a traditional flour.

Strenght of this flour (W): higher than 300

Ingredients:

soft **wheat** flour 0, isolated pea proteins, **wheat gluten, wheat fiber, inulin.**

May contain traces of soy, mustard and lupine.

Nutritional values x 100g:

Energy kJ / kcal 1485/351, Fat g 3,8 (of which saturates g 0,9), Carbohydrates g 46 (of which sugars g 2,8), Fiber g 9, Protein g 30, Salt g 0.4