Farina di Grano Saraceno

Farina naturalmente senza glutine

Balanced and rich in essential amino acids, **Farina di Grano Saraceno** Nutrifree has a high nutritional value: its proteins are comparable to those of meat and soy.
This flour can be mixed with other natuurally gluten-free flours for the preparation of rustic pies, breads and its derivatives, to which it will confer a flavour similar to that of wholemeal bread.
Tips: It has a high protein content and low baking potential. Its high fibre content prevents the dough's development if used in large quantities. It confers a rustic flavour to doughs, this is why we recommend using it in reduced quantities in mixes with other flours.

- Naturally lactose free
- Great to mix with other flours
- Ideal to prepare rustic pies or bakery products

Senza Uova

Senza Glutine

Senza Lattosio

Senza Latte

Fonte di fibre

Senza Amido di Frumento

Ingredient
Buchwheat flour. It may contain traces of ***soy***, ***sesame*** and ***mustard***.

Characteristics	Value per 100 g
Energy kj	1459
Energy kcal	345
Fat	2,9
- of which — Saturated Fat	0,62
Carbohydrate	66
- of which — Sugars	0,85
Fibre	5,3
Protein	11
Salt	0,004