

TYPE “1”, SOFT ANCIENT WHEAT FLOUR

contain vital wheat germ, which has been cold pressed and stone ground

Risciola is a traditional variety of soft wheat that has been cultivated in Italy since 1500. It forms part of the **ancient grains** family of wheat varieties, and its seeds have not been crossbred or modified over the years, meaning that it retains all its original nutritional qualities. Thanks to the Lo Conte Group's social innovation project **Comunità del Grano Risciola (Risciola Wheat Community) – in Irpinia**, today, this particular ancient soft wheat is, indeed, cultivated in Irpinia, in the south of Italy, under the integrated farming regime by the farmers who have adhered to the project. Risciola wheat is naturally low in gluten and has a low glycemc index, as well as being highly digestible and rich in nutrients. With Molino Vigevano flour you can rediscover the true taste of wheat thanks to the presence of vital wheat germ, which will lend your products a unique aroma and flavour, together with the characteristic golden colour. The wheat germ it is the heart of the grain, as well as being the most nutritious part: it represents a true source of well-being too, thanks to its high content of **vitamins A, B, E and D, iron, magnesium and potassium**.

Characteristic properties:

Thanks to the careful selection of raw materials, decades of milling experience and the use of cutting-edge technology, Molino Vigevano flours guarantee excellent dough stability; this is why they are easy to spread without fear of “tearing”. The dough produced using Molino Vigevano flour is particularly light and easily digestible. Furthermore, by carrying out laboratory analyses and thorough checks on each individual batch of products, Molino Vigevano guarantees that the quality and properties of its products remain constant, all year round.

Technical specifications:

Risciola flour is ideal for daytime leavening from **4 to 6** hours at room temperature; it can be matured for 24 hours in a refrigeration cell at 6 ° C. **Available in 10kg bags.**

Ideal applications:

Risciola flour is ideal for homemade **bread** and **pizza**. It is also suitable for **fresh pasta** and small bakery products.

Table of nutritional values:

Energy 1524 kJ (364 Kcal) - Fat 1.2 g of which saturated 0.3 g - Carbohydrates 77.5 g di cui of which sugars 1.9 g - Fibre 2.8 g - Protein 9.5 g - Salt 0.06 g

Allergens:

The product contains **gluten** and is manufactured in an environment where **milk, soy, mile derivatives** and **lupine beans** are also processed.

Conservation:

We recommend storing flour in a cool and dry place, at a temperature of 18 °/20 ° C and maximum humidity of 45%, to guarantee perfect yield during use. Incorrect storage may compromise yield during use.



comunità del
Grano Risciola
– Irpinia –



Do you want to receive more information?

Contact us at **+39 0384 298479** | info@molinovigevano.com    **Molino Vigevano**