

CATALOG OF FLOUR PRODUCTS

APIECO FLOURS





FINE WHOLE GRAIN

BUCKWHEAT FLOUR

Our flour is sourced from selective whole grain ground beneath stone, sifted with a different granulation spectrum and as such ideal for everyday household use.

Buckwheat is one of the most honey-bearing plants used in milling. Protein in integral buckwheat flour is of better quality than in the flour of other cereals. It is rich in essential amino acids, of which the most important lysine (responsible for bone growth and blood renewal), phytonutrients that prolong the action of vitamin C and act as antioxidants, minerals, fibers, vitamins, proteins of high biological value. First of all, it is easily digestible and ideal for people with indigestion, contributes to maintaining normal blood sugar levels and does not cause significant insulin spikes, contains agrimone that reduces the risk of sterility, reduces the risk of cancer, acts as a cofactor for over 300 enzymes, helps for intestinal diseases, anemia and obesity, it improves the blood count by removing fat from the blood.

Fine integral buckwheat flour is used for making finer pastries product, pancakes and pasta.

Proteins	12 g
Carbohydrates	70 g
Fat	3 g
Dietary fibers	9 g
Minerals	P, K, Ca, Na, Fe
Vitamins	B1, B2
Energy	358 kcal / 1496 kJ

NATIONAL WHOLE GRAIN

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Energy	358 kcal / 1496 kJ





NATIONAL

WHOLE GRAIN WHEAT FLOUR

Our flour is sourced from selective whole grain ground beneath stone, sifted with a different granulation spectrum and as such ideal for everyday household use.

Wheat is the most important human cereal, second in production in the world, right after corn. Integral wheat flour is rich in gluten, one of the best sources of primary protein and is rich in sucrose and maltose. Fiber regulates metabolism, restores hormonal balance and helps remove toxins and heavy metals from the body. It is rich in Vitamin E (tocopherol), which is a vitamin of youth and life, Vitamin A from germs (vitamin of growth), Vitamin B1 for tissue regeneration and energy recovery, Vitamin B2 essential for carbohydrate, fat and protein metabolism, Vitamin B3, B6 and others. Improves eyesight, protects skin, helps develop healthy teeth and bones, protects the cell membrane, an antioxidant that prevents cardiovascular diseases and malignant tumors. In general, wheat flour affects the recovery of gastroenteritis, enterocolitis, whole body detoxification, bowel cleansing, bloating, cramps, skin and heart disease.

Proteins	13 g
Carbohydrates	72 g
Fat	2 g
Dietary fibers	12 g
Minerals	P, K, Ca, Mg, Fe
Vitamins	E, B1, B2, B6, D, K
Energy	355 kcal / 1485 kJ



WHOLE GRAIN

WHEAT FLOUR Type-1100

Our flour is sourced from selective whole grain ground beneath stone, sifted with a different granulation spectrum and as such ideal for everyday household use.

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Type 1100 is characterized by being wholly ground, which means that the sheath, germ and endosperm of the wheat grain remain intact. Wheat flour TIP1100 is used for making finer pastries, breads, cakes, pancakes.

Proteins	11,23 g
Carbohydrates	67,19 g
Fat	1,75 g
Dietary fibers	5,22 g
Minerals	P, K, Ca, Mg, Fe, Na
Vitamins	B complex
Energy	336 kcal / 1406 kJ





FINE WHOLE GRAIN

BARLEY FLOUR

Our flour is sourced from selective whole grain ground beneath stone, sifted with a different granulation spectrum and as such ideal for everyday household use.

Barley is an odorless and sweet-tasting herb known as a nerve-boosting tonic that relieves stress and eliminates fatigue. It is rich in Vitamin E, B5 (essential for the metabolism of carbohydrates, fats and proteins), B12 (rare in raw materials of plant origin) and smaller amounts of vitamins A and D. Barley flour is a source of soluble and insoluble dietary fibers. Soluble fibers are effective in lowering blood cholesterol, the most important of which are beta-glucan fibers. In addition to the high content of beta glucan, which is a basic feature from the point of view of the human diet, it is also rich in unsaturated fatty acids. Barley products have been attributed to good effect in the prevention of pulmonary and cardiovascular diseases. It is especially recommended for people who are physically and mentally exhausted.

Proteins	11 g
Carbohydrates	74 g
Fat	1,5 g
Dietary fibers	10 g
Minerals	P, K, Ca, Mg, Fe, Zn, F, Se
Vitamins	E, B complex
Energy	345 kcal / 1443 kJ



FINE WHOLE GRAIN

OAT FLOUR

Our flour is sourced from selective whole grain ground beneath stone, sifted with a different granulation spectrum and as such ideal for everyday household use.

No integral flour contains fatty acids (oleic and linoleic), which are arranged in an ideal ratio as integral oat flour. It is important to emphasize that it contains small amounts of gluten.

It is the leader in the number of essential amino acids as the most powerful source of energy for every organism and these fatty acids are responsible for the exchange of fat in the body, protection against overweight and diseases associated with this problem. Thiamine, calcium and zinc are the most important micronutrients. Oat flour strengthens bones and teeth, stimulates brain function and growth in children, strengthens muscle mass in adults, reduces cholesterol, improves and slows digestion. is recommended for people with bronchial disorders and athletes, improves and slows digestion. It is especially recommended for people with bronchial disorders and sports. Oatmeal products retain freshness longer than the same wheat flour products. Since oat flour does not have the same ability to raise dough as wheat, it is necessary to increase the amount of yeast when using this flour.

Proteins	13 g
Carbohydrates	65 g
Fat	7 g
Dietary fibers	7,5 g
Minerals	P, K, Ca, Mg, Fe, Na
Vitamins	E, B complex
Energy	401 kcal / 1677 kJ





NATIONAL WHOLE GRAIN

RYE FLOUR

Our flour is sourced from selective whole grain ground beneath stone, sifted with a different granulation spectrum and as such ideal for everyday household use.

Rye is a plant that belongs to the grass family and is specific in that it can be used without any processing since it does not contain an outer protective layer. Rye flour is a rich source of protein and vitamin B complexes (pantothenic acid and niacin), dietary fiber, minerals, calcium, phosphorus, fluorine, iron, magnesium, zinc, manganese, potassium and selenium. It helps to maintain cholesterol, sugar and as such is very well suited for people with diabetes. Due to the high content of manganese, it improves the nervous system and protects against the harmful effects of radicals on our body. Due to the presence of calcium, it also affects the function of the muscular system and muscle tone.

It is suitable for people exposed to stress, pregnant women, breastfeeding women and the elderly. It is often used as an adjunct to wheat and corn biscuits, that significantly increasing its freshness.

Rye flour type 1250 is used for making finer pastries, breada, pancakes and cakes.

Proteins	9 g
Carbohydrates	76 g
Fat	1,5 g
Dietary fibers	13 g
Minerals	P, K, Ca, Mg, Fe, Zn
Vitamins	E, B1, B2, B6, D, K
Energy	354 kcal / 1481 kJ

WHOLE GRAIN

RYE FLOUR Type-1250

Our flour is sourced from selective whole grain ground beneath stone, sifted with a different granulation spectrum and as such ideal for everyday household use.

Raženo brašno TIP1250 koristi se za izradu finijih peciva, hljeba, palačnika, kolača. Rye is a plant that belongs to the grass family and is specific in that it can be used without any processing since it does not contain an outer protective layer.

Rye flour is a rich source of protein and vitamin B complexes (pantothenic acid and niacin), dietary fiber, minerals, calcium, phosphorus, fluorine, iron, magnesium, zinc, manganese, potassium and selenium.

It helps to maintain cholesterol, sugar and as such is very well suited for people with diabetes. Due to the high content of manganese, it improves the nervous system and protects against the harmful effects of radicals on our body. Due to the presence of calcium, it also affects the function of the muscular system and muscle tone.

It is suitable for people exposed to stress, pregnant women, breastfeeding women and the elderly. It is often used as an adjunct to wheat and corn biscuits, that significantly increasing its freshness.

Rye flour type 1250 is used for making finer pastries, breada, pancakes and cakes.

Proteins	8 g
Carbohydrates	67 g
Fat	1,3 g
Dietary fibers	9 g
Minerals	P, K, Ca, Mg, Fe, Zn
Vitamins	E, B complex
Energy	335 kcal / 1402 kJ





NATIONAL WHOLE GRAIN

CORN FLOUR

Our flour is sourced from selective whole grain ground beneath stone, sifted with a different granulation spectrum and as such ideal for everyday household use.

As part of a healthy and delicious gluten-free diet, corn flour is rich in vitamins and minerals. It contains many antioxidants that are used to destroy free radicals in our body, many fibers and proteins and is therefore a nutritional supplement for vegans and vegetarians. It is easy to digest and good to try because it contains amylose, cellulose, lignin and hemicellulose known as insoluble fiber which starts the fermentation process in the colon, which is very good for the gut microflora.

Proteins	12 g
Carbohydrates	73 g
Fat	7 g
Dietary fibers	7,5 g
Minerals	P, K, Ca, Mg, Fe, Na
Vitamins	E, B1, B2, B6, beta karoten
Energy	361 kcal / 1518 kJ



NATIONAL

WHOLE GRAIN SPELT FLOUR

Our flour is sourced from selective whole grain ground beneath stone, sifted with a different granulation spectrum and as such ideal for everyday household use.

Spelta (cereals, rice) is a grain similar to wheat, although its outer grain is much harder. Research has shown that many people who are allergic to wheat are not allergic to spelled, which is a significant reason for returning this cereal to human daily diet.

It contains gluten in smaller quantities. Spelled flour has a nutty and sweet taste and is rich in dietary fiber and protein. It is less caloric compared to wheat. Due to faster dissolution in water, less water is added when mixed, and the presence of gluten causes shorter dough to be mixed. Spelled flour is used for the production of pasta, bread and various types of bakery products.

Proteins	14,6 g
Carbohydrates	70,2 g
Fat	2,4 g
Dietary fibers	10 g
Minerals	Cu, Fe, Mg, Ma, Na
Vitamins	niacin, tiamin, B2, B17
Energy	401 kcal / 1677 kJ





CORN GRITS

Our flour is sourced from selective whole grain ground beneath stone, sifted with a different granulation spectrum and as such ideal for everyday household use.

Corn grits are part of the carbohydrates from corn and have a very positive effect on the overall health of humans. It is mostly used for making polenta, a well-known gluten-free dish because they can be consumed by people with celiac disease. It is especially suitable for the nutrition of babies, people who look after their body mass and try to solve probable tract problems. It contains higher amounts of nutrients and vitamins, natural fats (karytenoids) that serve for better bowel function. This miraculous meal reduces the risk of cancer and cleanses the body of free radicals and accumulated poisons.

Proteins	8 g
Carbohydrates	79 g
Fat	2 g
Dietary fibers	11 g
Minerals	P, Ca, Mg, Fe, K
Vitamins	E, B1, B2, B6, beta karoten
Energy	371 kcal / 1553 kJ



FINE WHOLE GRAIN

RISE FLOUR

Our flour is sourced from selective whole grain ground beneath stone, sifted with a different granulation spectrum and as such ideal for everyday household use.

One of the many benefits of rice flour is that it does not contain gluten and is intended for people with celiac disease. Vitamin-mineral compositions of rice flour are of great importance for the human body.

The benefits of this flour are based on a large amount of fiber: preventing aspiration and facilitating bowel function by removing toxins and other waste substances, reducing cholesterol and triglycerides in blood plasma, regulating blood sugar levels, eliminating excess fluid from the body, regulating blood pressure and increasing elasticity blood vessels, protects against atherosclerosis, heart attack and nervousness.

Rice flour is considered a dietary product and is used to feed children and doesn't cause any allergic reactions. It is used for making dietary pasta and serves as a base for making puddings.

Proteins	7 g
Carbohydrates	77 g
Fat	1 g
Dietary fibers	4 g
Minerals	P, Mg, K
Vitamins	B1, B2, B6
Energy	355 kcal / 1485 kJ





READY MIXTURE FOR

SHEPHERD'S BREAD

Our flour is sourced from selective whole grain ground beneath stone, sifted with a different granulation spectrum and as such ideal for everyday household use.

Ingredients: wheat flour type-1100, wheat bran, typically integral wheat flour, rye flour type-1250, oat flakes, sunflower seeds, flax seeds, sesame seeds, rye flour, additive, salt.

Directions for preparation: Mix 20 g of fresh yeast with a little lukewarm water, then add: 500g of pastry bread mixture and 3 dl of lukewarm water. Mix the ingredients until a homogeneous mass is obtained. Cover the resulting dough and leave in a warm place until the dough volume is increased by 50%. Move the dough and shape it round and leave it for 20 min.

Bake on a greased sheet in a preheated oven at 220 ° C for 45 minutes.

Proteins	12 g
Carbohydrates	67,91 g
Fat	3,30 g
Dietary fibers	5,01 g
Minerals	P, K, Ca, Mg, Fe, Zn
Vitamins	E, B complex
Energy	354 kcal / 1481 kJ





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