

Puffed spelt with honey, organic

Our puffed spelt is coated with fine honey. A deliciously sweet treat for a tasty start to your day or as an energy boost in between: pure, with milk, yoghurt or a milk alternative, complemented with fresh fruits or as a topping on your favourite muesli.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1620 kj
Calorific value kcal	387 kcal
Fat	2.9 g
Of which saturated fatty acids	0.4 g
Carbohydrates	77.6 g
Of which sugar	24 g
Fibers	6.5 g
Protein	9.4 g
Salt	0.01 g

Allergene

Gluten-containing cereal	Ja
Chicken egg	Nein
Peanuts	Nein
Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Nein
Mustard	Nein

Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Ja
Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein