

Soy flour roasted organic

Designation: soy flour roasted

Description: Our organic soya flour is made from soya beans from controlled organic cultivation in Europe. The beans are toasted, i.e. gently heated, to remove their natural plant protection against pests. They are then finely ground to produce a light, nutty flour. Our organic soya flour is an excellent source of fibre and protein and is naturally without any gluten. This makes it an ideal flour alternative for people who want to avoid gluten or simply increase their fibre and protein intake. With its mild flavour, organic soy flour is ideal for a variety of baked goods, such as bread, biscuits and cakes. It is also ideal for thickening sauces and soups or as an egg substitute. One tablespoon of organic soya flour mixed with two tablespoons of water replaces one egg. This makes vegan baking easy.

Preparation: Organic soya flour is suitable for a variety of baked goods such as bread, biscuits or cakes and is ideal for thickening sauces and soups. As a vegan alternative to eggs, one tablespoon of organic soya flour mixed with two tablespoons of water can replace one egg.

Ingridients: soy flour roasted*

* from controlled organic cultivation

Raw food: No
Fairtrade: No
Gluten-free: No
Vegan: Yes
Superfood: No
Naturally gluten-free: No
Plastic-free: No
Organic: Yes
Value Pack: No

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1753 kj
Calorific value kcal	419 kcal
Fat	21 g
Of which saturated fatty acids	2.9 g
Carbohydrates	7 g
Of which sugar	3 g
Fibers	19 g
Protein	41 g
Salt	0.01 g

Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein

Peanuts	Nein
Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
Fish	Nein
Soy	Ja
Nuts	Nein
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein
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