

Lupine flour sweet roasted

Designation: lupine flour sweet toasted

Description: Lightly roasted, finely ground organic sweet lupin flour for an extra protein kick in baked goods such as bread and cakes. Also very suitable as a binding agent for sauces and soups as well as in patties. 100 g of lupin flour contains 40 g of protein. It can therefore also provide a protein boost in smoothies, muesli and porridge. It can also be used as an egg substitute in vegan baked goods. For one egg, simply mix 1 tablespoon of organic sweet lupin flour with 2 tablespoons of water. Also available in our shop: Organic sweet lupin groats.

Preparation: Organic sweet lupin flour for an extra protein kick in baked goods such as bread, cakes, patties and as an egg substitute for vegan baked goods.

Ingridients: lupin flour toasted*

* 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

Colli/Multi package: We trade this item in various packaging units. The current packaging size is 25kg. Please refer to the order confirmation for the final packaging unit.

Value Pack: No

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

| | |
|--------------------------------|----------|
| Calorific value kj | 1402 kj |
| Calorific value kj | 1443 kj |
| Calorific value kcal | 335 kcal |
| Calorific value kcal | 345 kcal |
| Fat | 7 g |
| Fat | 11 g |
| Of which saturated fatty acids | 1.5 g |
| Carbohydrates | 13 g |
| Carbohydrates | 4.5 g |
| Of which sugar | 3 g |
| Of which sugar | 3.5 g |
| Fibers | 32 g |
| Fibers | 34 g |
| Protein | 39 g |
| Protein | 40 g |
| Salt | 0.038 g |
| Salt | 0.1 g |

Allergene

| | |
|--------------------------|------|
| Gluten-containing cereal | Nein |
| Chicken egg | Nein |
| Peanuts | Nein |
| Milk | Nein |
| Celery | Nein |
| Sesame seeds | Nein |
| Lupines | Ja |

| | |
|-----------------------------|------|
| Crustaceans | Nein |
| Fish | Nein |
| Soy | Nein |
| 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 |