

Organic Sweet Toasted Lupin Flour

Lightly roasted, finely ground organic sweet lupin flour for an additional protein boost in baked goods such as bread and cakes. Also works well as a binding agent for sauces and soups, as well as in patties. 100g of lupin flour contains 40g of protein. It can also be used in smoothies, müsli and porridge for an extra protein boost. In vegan baked goods, it serves as an egg substitute. Simply mix 1 tablespoon of organic sweet lupin flour with 2 tablespoons of water for one egg. Also available in our shop: [Organic Sweet Lupin Grains](#).

[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