

Spelt organic

Designation: spelt

Description: Organic spelt is an ancient type of grain related to wheat. It is a traditional bread grain and is characterised by its hearty, nutty flavour. Its elongated, light brown grains are a source of protein and fibre. They are ideal when swollen or finely ground for a variety of baked goods such as bread, rolls, cakes and biscuits. Spelt is also a popular ingredient in cooking: As an alternative to rice, in soups, in salads or various fillings, it provides variety in the kitchen.

Preparation: Finely ground for baking bread, rolls, cakes, muffins and biscuits. Cooked as a side dish, for soups, salads, fillings or casseroles. For "spelt rice", soak spelt overnight in 2.5 times the amount of water, rinse and simmer in salted water for approx. 30-45 minutes.

Ingridients: spelt*

* 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	1420 kj
Calorific value kcal	339 kcal
Fat	2.4 g
Of which saturated fatty acids	0.4 g
Carbohydrates	59.5 g
Of which sugar	6.8 g
Fibers	10.7 g
Protein	14.6 g
Salt	0.02 g

Allergene

Gluten-containing cereal	Ja
Chicken egg	Nein
Peanuts Example Company	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