

Organic Spelt

Organic Spelt is an ancient grain related to wheat. It is a traditional bread grain and is known for its hearty, nutty flavor. Its long, light brown grains are a source of protein and fiber. They are well suited for soaking or finely ground for a variety of baked goods such as bread, rolls, cakes, and cookies. Spelt is also a popular cooking ingredient: as a rice alternative, in soups, salads, or various fillings, it brings variety to the kitchen. Did you know that [Green Spelt](#) is a spelt that is harvested green before full maturity and then dried (darrt)? This gives it its typical nutty, spicy, slightly smoky flavor.

[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	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