

Spelt flakes organic

Designation: spelt flakes

Description: Spelt flakes are a flavorful and fiber-rich alternative to oatmeal and can be processed into porridge, muesli or baked goods - well suited as a source of protein and fiber.

Preparation: Preparation: Boil up with about 5 parts of water or milk, mix well and let it soak for 3-5 minutes. Depending on demand, the porridge can be varied with more flakes or milk.

Ingridients: spelt flakes*

* 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 20kg. 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	1441 kj
Calorific value kcal	345 kcal
Fat	1.7 g
Of which saturated fatty acids	0.3 g
Carbohydrates	60.3 g
Of which sugar	0.7 g
Fibers	10 g
Protein	17 g
Salt	0.01 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