

Organic Four-Flake Mix

Our Four-Flake Mix, comprising spelt flakes, barley flakes, oat flakes, and rye flakes, serves as an excellent source of protein and fibre for baked goods. It's also a fantastic base for muesli or patties.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1428 kj
Calorific value kcal	341 kcal
Fat	2.9 g
Of which saturated fatty acids	0.5 g
Carbohydrates	61.5 g
Of which sugar	1.2 g
Fibers	10.8 g
Protein	11.9 g
Salt	0.009 g

Allergene

Gluten-containing cereal	Ja
Gluten-containing cereal	Nein
Gluten-containing cereal	Ja
Gluten-containing cereal	Nein
Gluten-containing cereal	Ja
Gluten-containing cereal	Nein
Gluten-containing cereal	Ja
Gluten-containing cereal	Nein

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
Spelt	Nein
Spelt	Ja
Spelt	Nein
Spelt	Ja
Spelt	Nein
Spelt	Ja
Spelt	Nein
Spelt	Ja
Spelt	Nein
Spelt	Ja
Horst Bode Import-Export GmbH Barley USF-HUM... DE154233667	Ja

Barley	Nein
Barley	Ja
Barley	Nein
Barley	Ja
Barley	Nein
Barley	Ja
Barley	Nein
Barley	Ja
Oat	Ja
Oat	Nein
Oat	Ja
Oat	Nein
Oat	Ja
Oat	Nein
Oat	Ja
Oat	Nein
Oat	Ja
Oat	Nein
Oat	Ja
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Ja

Rye	Nein
Rye	Ja
Rye	Nein
Rye	Ja
Rye	Nein
Rye	Ja
Rye	Nein
Rye	Ja
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein