

Organic Spelt Flour Type 630

Organic Spelt Flour Type 630 is perfect for baking. The type number in flour indicates the mineral content; the higher the number, the more bran and minerals it contains. Type 630 is one of the lighter types.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1436 kj
Calorific value kcal	343 kcal
Fat	1.3 g
Of which saturated fatty acids	0.2 g
Carbohydrates	69 g
Of which sugar	0.8 g
Fibers	3.7 g
Protein	12 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