

Organic Whole Grain Spelt Flour

Whole grain spelt flour is hearty and has a subtle nutty taste. It is perfect for baking or preparing pasta, and serves as an excellent source of protein and fiber.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1494 kj
Calorific value kcal	357 kcal
Fat	3.6 g
Of which saturated fatty acids	0.5 g
Carbohydrates	64 g
Of which sugar	0.4 g
Fibers	8.3 g
Protein	13 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