

Guar flour organic

Designation: guar gum

Description: Guar gum is a plant-based thickening agent made from the seeds of the guar plant and is naturally gluten-free. It also binds without cooking and is therefore suitable for cold desserts, cold bowls, dips as well as hot dishes such as soups, eggless casseroles and vegetable dishes.

Preparation: Dosage: For sauces and soups, use 2 g (one level teaspoon) per 250 ml of liquid. If a slightly firmer consistency is required, e.g. for ice cream, creams or desserts, use 4 g per 250 ml of liquid.

Ingridients: guar gum*

* 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
Value Pack: No

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	805 kj
Calorific value kcal	193 kcal
Fat	0.5 g
Of which saturated fatty acids	0.2 g
Carbohydrates	1 g
Of which sugar	1 g
Fibers	83 g
Protein	4.5 g
Salt	0.03 g

Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein
Milk	Nein

Example Company

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	Nein
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