

Crispy spelt flakes organic

Designation: spelt flakes

Description: Produced using traditional, artisanal methods of boiling, rolling and roasting. From the whole grain, without added sugar.

Preparation: Unsweetened wholemeal spelt flakes for a crispy start in the morning with milk, a vegetable alternative or juice. Also delicious as an ingredient in your favourite cereal mix or with fresh fruit.

Ingridients: spelt*, sea salt

* 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 10kg. 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	1538 kj
Calorific value kcal	368 kcal
Fat	2.5 g
Of which saturated fatty acids	0.3 g
Carbohydrates	70.7 g
Of which sugar	1.3 g
Fibers	9.4 g
Protein	10.9 g
Salt	1.6 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