

# Organic Spelt Flakes

Manufactured with traditional, artisanal methods through cooking, rolling, and roasting. Made from whole grain, without the addition of sugar.

[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