

Corn semolina (Polenta) organic

Designation: corn semolina (polenta)

Description: Corn semolina is suitable for the preparation of polenta or other high-fiber baked or pasta products made from corn semolina.

Preparation: Stir 250g corn semolina into 1 l salted water or vegetable stock, cook for 10 min. at low heat while stirring. Allow to infuse for 15 minutes. Serve as a side dish or spread on a baking tray, let it set, cut into pieces and fry in oil.

Ingridients: corn semolina*

* from controlled organic cultivation

Raw food: No

Fairtrade: No

Gluten-free: No

Vegan: Yes

Superfood: No

Naturally gluten-free: Yes

Plastic-free: No

Organic: Yes

Colli/Multi package: We trade this item in various packaging units. The current packaging size is 25kg. 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	1464 kj
Calorific value kcal	350 kcal
Fat	4 g
Of which saturated fatty acids	1 g
Carbohydrates	65 g
Of which sugar	1 g
Fibers	9 g
Protein	9 g
Salt	0.015 g

Allergene

Gluten-containing cereal	Nein
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	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