

# Emmer wheat organic 25kg

**Designation:** emmer wheat

**Description:** Einkorn is an ancient grain and relative of our modern wheat and tastes nutty-sweet and offers a good source of protein (17%) and fiber. In particular, the fine whole grain flour made from it is suitable for pastries and desserts. The small, elongated cereal grains can also be prepared excellently like rice as risotto.

**Preparation:** Preparation: soak for 1-2 h and then simmer between 40-45 min.

**Ingridients:** emmer wheat\*

\* 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 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	1425 kj
Calorific value kcal	341 kcal
Fat	2.8 g
Of which saturated fatty acids	0.1 g
Carbohydrates	62.3 g
Of which sugar	3.3 g
Fibers	7.9 g
Protein	12.6 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	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	Ja