

Organic Emmer 25kg

Known as the 'Stone Age Wheat' or 'Two-grain', Emmer boasts a similarly hard grain to durum wheat. It is a hearty, flavourful ancient grain that is easy to digest. Emmer provides a good source of protein and is high in fibre. It can be used in side dishes, soups, pan-fried dishes, salads, or even ground for baked goods and porridges.

[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
Horst Bode Import-Export GmbH
USt-IdNr.: DE154233667

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