

# Organic Teff flour gluten-free I currently not available until new harvest September 2024

Teff is an ancient traditional grain of Ethiopian farmers. It is naturally gluten-free and belongs to the family of sweet grasses. It is also known as dwarf millet. It has a mild, nutty flavor. Our Teff is grown in Europe.

[Zum Produkt](#)

## Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1462 kj
Calorific value kcal	350 kcal
Fat	2.9 g
Carbohydrates	67.7 g
Of which sugar	1.4 g
Fibers	7.1 g
Protein	9.6 g
Salt	0.002 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