

Organic Ground Cassia Cinnamon

Cassia cinnamon is intensely aromatic, delicately sweet, and slightly spicy. The fine, light brown powder is excellent for baking, not just for Christmas cookies, but also for enhancing sweet dishes like rice pudding and baked apples, as well as savoury dishes such as lamb and poultry. It is an ingredient in many spice blends, including curry. Cassia cinnamon is obtained by peeling the inner bark of the Cassia cinnamon tree (*Cinnamomum cassia*) and originates from Indonesia, Vietnam, Sumatra, and China. For a gently delicate cinnamon note, you can also find [Ground Ceylon cinnamon organic](#) in our shop.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1017 kj
Calorific value kcal	243 kcal
Fat	1.2 g
Of which saturated fatty acids	0.3 g
Carbohydrates	27.5 g
Of which sugar	2.2 g
Fibers	53.1 g
Protein	4 g
Salt	0.03 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