

# Pane picco sesame-black cumin from spelt organic

**Designation:** nibbles with sesame and black cumin seeds

**Description:** Sesame, black cumin and fine herbs from Provence give this spelt bread biscuit its nutty, spicy aroma. A long maturing process gives Pane Picco a particularly crispy bite. Ideal as an aperitif or when you fancy a special nibble.

**Ingridients:** **spelt flour\* 64%, barley flour\*, sesame\* 7%**, extra virgin olive oil\*, sea salt, black cumin\* 0, 4%, yeast, herbs of provence\*, chili\*, coriander\*, curcuma root milled\*

\* from controlled organic cultivation

**Raw food:** No  
**Fairtrade:** No  
**Gluten-free:** No  
**Vegan:** Yes  
**Superfood:** No  
**Naturally gluten-free:** No  
**No palm oil:** Yes  
**Plastic-free:** No  
**Organic:** Yes  
**Value Pack:** No

**ECO Control Point:** DE-ÖKO-003

[Zum Produkt](#)

## Nährwerte

**Unzubereitet pro 100 g**

|                                |          |
|--------------------------------|----------|
| Calorific value kj             | 1858 kj  |
| Calorific value kj             | 1862 kj  |
| Calorific value kcal           | 444 kcal |
| Calorific value kcal           | 445 kcal |
| Fat                            | 15 g     |
| Of which saturated fatty acids | 2.4 g    |
| Carbohydrates                  | 62 g     |
| Of which sugar                 | 2.3 g    |
| Of which sugar                 | 0.5 g    |
| Fibers                         | 6.5 g    |
| Fibers                         | 7 g      |
| Protein                        | 12 g     |
| Salt                           | 2.12 g   |
| Salt                           | 2.1 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                        | Ja   |
| Barley                       | Ja   |
| Oat                          | Nein |
| Hybrid Strains               | Nein |
| Kamut                        | Nein |
| Macadamia                    | Nein |
| Almonds                      | Nein |
| Brazil Nuts                  | Nein |
| Pecans                       | Nein |
| Pistachios                   | Nein |
| Rye                          | Nein |
| Hazelnuts<br>Example Company | Nein |

|         |      |
|---------|------|
| Sesame  | Ja   |
| Walnuts | Nein |
| Wheat   | Nein |