

Crunchy Spelt Organic

This crunchy, made from baked [spelt](#), is perfect for enjoying in milk, yogurt or a [plant-based alternative](#). It's rich in fiber and a wonderful base for your own [muesli](#) and dessert creations. Also delicious as a [topping](#) on fresh fruits.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1527 kj
Calorific value kj	1531 kj
Calorific value kcal	365 kcal
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Fat	4.8 g
Fat	4.9 g
Of which saturated fatty acids	0.3 g
Carbohydrates	68 g
Of which sugar	21 g
Fibers	6.3 g
Protein	9.3 g
Salt	0.01 g
Salt	0.02 g

Allergene

Gluten-containing cereal	Ja
Chicken egg	Nein
Peanuts	Nein
Milk	Nein

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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	Nein
Sesame	Nein
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Wheat

Nein