

# Organic Ground Ceylon Cinnamon

Ceylon cinnamon is highly aromatic and has a delicate sweet taste. It is less spicy than Cassia cinnamon. The fine, light brown powder is excellent for baking, not only during the Christmas season, but also for refining desserts such as rice pudding and baked apples, as well as hearty dishes such as lamb and poultry dishes. It is an ingredient in many spice mixtures, such as curry. Ceylon cinnamon is obtained by peeling the tender shoots of the Ceylon cinnamon tree (*Cinnamomum verum*) and mainly comes from Sri Lanka or Madagascar. Also available in our shop: [Organic ground Cassia cinnamon](#).

[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	0.025 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