

Organic Cinnamon sticks 8-12cm, Ceylon

The Ceylon cinnamon sticks are 8 to 12 cm long and have a noble and pleasantly sweet taste. Ceylon cinnamon is less spicy and contains less coumarin than Cassia cinnamon. Cinnamon in whole sticks or broken pieces is a popular addition to sauces, compotes, milk and fruit soups, game ragouts, punch, mulled wine and rum pot. Ceylon cinnamon is obtained by peeling the tender shoots of the Ceylon cinnamon tree (*Cinnamomum verum*) and can therefore be easily recognized by its thin layers. It mainly comes from Sri Lanka or Madagascar. We also offer it ground in various package sizes. You can find it [here](#).

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1017 kj
Calorific value kj	1024 kj
Calorific value kcal	243 kcal
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Fat	1.2 g
Of which saturated fatty acids	0.3 g
Carbohydrates	27.5 g
Carbohydrates	28 g
Of which sugar	2.2 g
Fibers	53.1 g
Fibers	53 g
Protein	4 g
Salt	0.025 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