

Organic Wheat Gluten from Europe, perfect for Seitan

Gluten is a glue protein and is one of the allergens that must be declared. This wheat gluten powder can be used as a stabilising baking ingredient and is ideal for making seitan. Mix wheat gluten with the desired dry spices, add water and liquid seasonings such as soy sauce if desired, and knead well. One part gluten, one part water. If the dough is too firm, add a little more water. Now choose the desired cooking method: cook, bake or fry.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1636 kj
Calorific value kj	1632 kj
Calorific value kcal	391 kcal
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Fat	5.1 g
Fat	4 g
Of which saturated fatty acids	1 g
Of which saturated fatty acids	0.8 g
Carbohydrates	7.1 g
Carbohydrates	7 g
Of which sugar	1.7 g
Fibers	3 g
Fibers	1 g
Protein	77.7 g
Protein	81 g
Salt	0.37 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	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	Ja