

# Millet organic 6x500g

**Designation:** millet

**Description:** Our European millet has a mildly sweet as well as nutty flavour, serves as a source of fibre and is suitable as a well digestible cooking ingredient. Excellent for desserts and savoury dishes: as a side dish, stir-fry, stuffing, porridge or also ground or crushed as an ingredient for baked goods.

**Preparation:** Side dish for 4 people: Simmer 1 cup of millet in 350 ml water or milk for about 5 minutes. Reduce heat and leave to swell for 15 minutes, then season to taste. Versatile use, spicy or sweet with vegetables, herbs or fruit, for casseroles, burgers, soups or porridge.

**Ingridients:** millet\*

\* from controlled organic cultivation

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

**ECO Control Point:** DE-ÖKO-003

[Zum Produkt](#)

## Nährwerte

**Unzubereitet pro 100 g**

Calorific value kj	1507 kj
Calorific value kcal	360 kcal
Fat	3.9 g
Of which saturated fatty acids	0.9 g
Carbohydrates	68.8 g
Of which sugar	1.4 g
Fibers	3.8 g
Protein	10.6 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