

Organic Guar Gum 1kg

Guar gum is a plant-based, gluten-free thickener derived from the seeds of the guar plant. It thickens without cooking, making it ideal for cold desserts, chilled dishes, dips, and warm meals such as soups, egg-free casseroles, and vegetable dishes. For example, in sauces and soups, 2 g (one level teaspoon) per 250 ml of liquid is sufficient. Ice creams, creams, or desserts can achieve a slightly firmer consistency with 4 g per 250 ml of liquid.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	805 kj
Calorific value kcal	193 kcal
Fat	0.5 g
Of which saturated fatty acids	0.2 g
Carbohydrates	1 g
Of which sugar	1 g
Fibers	83 g
Protein	4.5 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
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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