

Organic Spelt 6x500g

Spelt, the older relative of wheat, stands out with its hearty, nutty flavour. Its elongated, light brown grains make an excellent alternative to rice for savoury dishes and serve as a source of protein and fibre. When ground into flour, spelt is suitable for all types of baked goods.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1420 kj
Calorific value kcal	339 kcal
Fat	2.4 g
Of which saturated fatty acids	0.4 g
Carbohydrates	59.5 g
Of which sugar	6.8 g
Fibers	10.7 g
Protein	14.6 g
Salt	0.02 g

Allergene

Gluten-containing cereal	Ja
Gluten-containing cereal	Nein
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Gluten-containing cereal	Nein

Gluten-containing cereal	Ja
Gluten-containing cereal	Nein
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	Ja
Spelt	Nein
Spelt	Ja
Spelt	Nein
Spelt	Ja
Spelt	Nein
Spelt	Ja
Horst Bode Import-Export GmbH Spelt USE-ID Nr.: DE154233667	Nein

Spelt	Ja
Spelt	Nein
Spelt	Ja
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