

Organic Wheat Gluten from Europe 5kg, also for Seitan

Gluten is a sticky 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: boil, 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 |
| Calorific value kcal | 390 kcal |
| 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 |
| Gluten-containing cereal | Nein |
| Gluten-containing cereal | Ja |

| | |
|-----------------------------|------|
| Gluten-containing cereal | Nein |
| Gluten-containing cereal | Ja |
| Gluten-containing cereal | Nein |
| Gluten-containing cereal | Ja |
| 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 | 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 |
| Wheat | Nein |
| Wheat | Ja |
| Wheat | Nein |
| Wheat | Ja |