

Organic Hulled Millet 5kg

Our European millet serves as a source of fibre, making it a digestible cooking ingredient with a mildly sweet and nutty flavour that works wonderfully in both sweet and savoury dishes. Try millet as a side dish, pan-cooked meal, filling, porridge, or even ground or milled as an ingredient for baked goods.

[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