

## Ground Ceylon cinnamon organic 1kg

Ceylon cinnamon is highly aromatic and has a subtly sweet taste. It is less sharp than Cassia cinnamon. The fine, light brown powder is excellent for baking, not only during the Christmas season, but also for enhancing sweet dishes like rice pudding and baked apples, as well as savory dishes such as lamb and poultry dishes. It is an ingredient in many spice mixes, e.g., curry. Ceylon cinnamon is obtained by peeling the tender shoots of the Ceylon cinnamon tree (*Cinnamomum verum*) and primarily originates from Sri Lanka or Madagascar. Also available in our shop: [Ground Cassia cinnamon organic](#).

[Zum Produkt](#)

### Nährwerte

#### Unzubereitet pro 100 g

|                                |          |
|--------------------------------|----------|
| Calorific value kj             | 1017 kj  |
| Calorific value kcal           | 243 kcal |
| Fat                            | 1.2 g    |
| Of which saturated fatty acids | 0.3 g    |
| Carbohydrates                  | 27.5 g   |
| Of which sugar                 | 2.2 g    |
| Fibers                         | 53.1 g   |
| Protein                        | 4 g      |
| Salt                           | 0.025 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 |