

Biofood Spelt Flakes BIO

Art.nr:	6090
Product description:	Biofood Spelt Flakes BIO
EAN-code product:	5412158006035
EAN-code carton	5412158040749 (x 1) 5412158018380 (x 6) 5412158057792 (x 18)
Custom-code:	11031190
Ingredients:	SPELT flakes**. May contain PEANUT, NUTS, GLUTEN and SESAME. **From controlled organic cultivation.
Allergens:	May contain traces of nuts, peanuts, gluten, sesame seeds. Does not contain milk, fish, wheat, eggs, crustaceans, soybeans, lupine, mustard, oats, lactose, celery, sulphur dioxide and sulphites, molluscs.
Weight:	500 g
Storage:	Keep at room temperature.
Usage:	Boil 100g of spelt flakes in 500ml of water for 15 minutes.
Dimensions:	11,0 cm W x 22,5 cm H x 6,0 cm D

	portie/portion
	100 g
Energy kJ	1341
Energy kcal	361
Fats	1,6 g
saturated fats	0,3 g
Carbohydrates	64,0 g
sugars	6,8 g
Food fibres	9,0 g
Protein	12,0 g
Salt	0,02 g

