



Damhert
NUTRITION

BIOFOOD

Biofood Spelt BIO

Art.nr:	6089
Product description:	Biofood Spelt BIO
EAN-code product:	5412158007872
EAN-code carton	5412158041517 (x 1) 5412158024220 (x 6) 5412158030672 (x 48)
Custom-code:	10019190
Ingredients:	Spelt*. *From controlled biological cultivation.
Allergens:	Contains gluten. May contain traces of nuts, sesame seeds. Does not contain carrots, cinnamyl alcohol, cocoa, butylphenyl methylpropionate, soybeans, evernia furfuracea, molluscs, wheat, benzyl benzoate, alpha-isomethyl ionone, benzyl cinnamate, evernia prunastri, lactose, farnesol, pod fruits, eggs, crustaceans, sulphur dioxide and sulphites, barley, citral, corn, milk, eugenol, coriander, peanuts, amyl cinnamal, lupine, mustard, celery, other gluten, fish, benzyl salicylate, oats, anise alcohol, citronellol, cinnamal, rye, benzyl alcohol, coumarin.
Weight:	500 g
Storage:	Keep at room temperature.
Shelf life:	24 months production date.
Usage:	First soak for 2 hours and then boil in plenty of (fresh) water for 40 to 50 minutes until done.
Dimensions:	12,0 cm W x 17,4 cm H x 5,0 cm D



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	portie/portion	
	100 g	0 g
Energy kJ	1415	1061
Energy kcal	338	254
Fats	2,4 g	1,8 g
saturated fats	0,4 g	0,3 g
Carbohydrates	70,2 g	52,7 g
sugars	6,8 g	5,1 g
Food fibres	10,7 g	8,0 g
Protein	13,5 g	11,0 g
Salt	<0,01 g	<0,01 g

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