

## 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 (GLUTEN)**. May contain NUTS and SESAME. **From controlled organic cultivation.
Allergens:	Contains gluten. May contain traces of nuts, sesame seeds. Does not contain molluscs, crustaceans, lactose, lupine, eggs, soybeans, oats, mustard, milk, fish, peanuts, wheat, sulphur dioxide and sulphites, celery.
Weight:	500 g
Storage:	Store dry and well-sealed.
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

Nutritional values	portie/portion
	100 g
Energy kJ	1478
Energy kcal	353
Fats	2,6 g
saturated fats	0,2 g
Carbohydrates	64,0 g
sugars	1,0 g
Food fibres	8,4 g
Protein	13,3 g
Salt	0,02 g

