



Wholegrain Spelt Flour Bio 500 g Ecosana

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Description

ECOSANA's Organic Wholegrain Spelt Flour is obtained from the grinding of the whole spelt grain exclusively from **organic farming**. Spelt is one of the oldest cereals that are known to have been cultivated more than 7000 years ago. of a cereal related to wheat, whose grain **is more natural and of greater nutritional value** than this, having conserved its intact genetic structure, without being modified over time. This cereal stands out for its content of **essential amino acids**, providing 8 of the 9 necessary for the body, as well as for its content in **minerals and vitamins B and E**. Also, by preserving both the germ and the bran of the grain, the Integral Spelt Flour of ECOSANA, provides a **high fibre content**, which favors the intestinal transit In addition to all this, thanks to its bread-making properties together with its flavor, the whole wheat spelt flour from ECOSANA is the best option for

all kinds of recipes for bread, cookies, pasta, pastries or everything you can think of.

Ingredients

Wholegrain **spelt** flour*

*From Organic Agriculture.

Directions

Use at your convenience

Presentation

Contains 500 g

Warnings

It contains **gluten**.

May contain traces of **Soya, Sesame and Nuts**.

Store in a cool, dry place.

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	1445 kJ / 342 kcal
Fat <i>of which saturated</i>	1,9 g <i>0,32 g</i>
Carbohydrates <i>of which sugars</i>	61,8 g <i>2,8 g</i>
Fibre	9 g
Proteins	14,5 g
Salt	0,005 g

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

