



# 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

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Wholegrain **spelt** flour\*

\*From Organic Agriculture.

## Directions

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Use at your convenience

## Presentation

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Contains 500 g

## Warnings

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It contains **gluten**.

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

Store in a cool, dry place.

## Nutrition Facts

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Per 100 g

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

# Allergen Information

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Shelled Nuts, Gluten, Sesame, Soya,

# Certifications

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