



# Kamut Grain Bio 500 g Ecosana

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## Description

Kamut is one of the earliest known wheats on record, along with spelled. Of **ecological origin**, **ECOSANA's bio kamut grains** have been cultivated respecting the natural cycles of plants and without the use of genetically modified organisms, pesticides, pesticides or chemicals of any kind (aromas, preservatives...). Contributing in this way with the care of the Environment. This type of wheat whose origin dates back to Egypt is highly appreciated for its great nutritional value and easy digestibility, presenting a higher content of **proteins, amino acids, vitamins and minerals**, especially in selenium, phosphorus and magnesium than the most modern wheats. In addition, it stands out for having a greater satiating power thanks to its high fiber content, which makes it a fantastic option for weight loss diets. Its sweet creamy nutty flavor and firm consistency make it ideal as a substitute for flour in any recipe. You can also eat it cooked as a garnish or make a delicious salad.

## Ingredients

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Kamut grain\*

\*From Organic Agriculture.

## Directions

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Soak the day before. Bring water to a boil with salt and add the grain. Boil for 40-50 minutes using 2 or 3 of water for each part of cereal.

## Presentation

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Contains 500 g

## Warnings

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It contains **gluten**.

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

Store in a cool, dry place.

# Nutrition Facts

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Per 100 g

	<b>Quantity</b>
<b>Energetic Value</b>	<b>1411 kJ / 337 kcal</b>
<b>Fat</b> <i>of which saturated</i>	<b>2,2 g</b> <i>0,1 g</i>
<b>Carbohydrates</b> <i>of which sugars</i>	<b>70,38 g</b> <i>8,18 g</i>
<b>Fibre</b>	<b>9,1 g</b>
<b>Proteins</b>	<b>14,7 g</b>
<b>Salt</b>	<b>0,015 g</b>

# Allergen Information

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Shelled Nuts, Gluten, Sesame, Soya,

# Certifications

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