



White Spelt Flour Bio 1 Kg Ecosana

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Description

ECOSANA Bio White Spelt Flour is obtained exclusively from organic crops.

Spelt is one of the oldest cereals that are known to have been cultivated more than 7.000 years ago. It is a cereal related to wheat, whose grain is more natural and of greater nutritional value than it, as it has kept its genetic structure intact, without being modified over time. This cereal stands out for its content in 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.

Ingredients

White **spelt** flour*

*From Organic Farming.

Directions

Use at your convenience

Presentation

Contains 1 kg

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	1213 kJ / 290 kcal
Fat <i>of which saturated</i>	1,50 g <i>0,24 g</i>
Carbohydrates <i>of which sugars</i>	58 g <i>0,45 g</i>
Fibre	3 g
Proteins	11 g
Salt	0,002 g

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

