



**Damhert**  
NUTRITION

# BIOFOOD

## 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)
Custom-code:	19042010
Ingredients:	Spelt flock*. Can contain traces of GLUTEN, NUTS, PEANUTS and SESAME. *From controlled organic cultivation.
Allergens:	May contain traces of sesame seeds, gluten, peanuts, nuts. Does not contain molluscs, soybeans, wheat, eggs, oats, lactose, lupine, crustaceans, fish, milk, sulphur dioxide and sulphites, celery, mustard.
Content:	500 g
Storage:	Keep at room temperature.
Shelf life:	12 months from production date.
Usage:	Boil 100g of spelt flakes in 500ml of water or milk for 15 minutes.
Dimensions:	13.2 cm W x 25.2 cm H x 4.5 cm D

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Nutritional values	portie/portion	
	100 g	0 g
Energy kJ	1341	939
Energy kcal	361	253
Fats	1,6 g	1,1 g
Whereof saturated fats	0,5 g	0,4 g
Carbohydrates	64,0 g	44,8 g
Whereof sugars	0,5 g	0,4 g
Food fibres	3,0 g	2,1 g
Protein	12,0 g	8,4 g
Salt	<0,01 g	<0.01 g

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