



## 308440C Spelt Grain (Centaur)



**Pack Size:** 10 X 1KG

**Details:** Spelt is low in gluten, with delicate, nutty flavours.

### Allergen Information

**Contains:**

Cereal, Gluten

**Free from:**

Celery, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide, Soya

**Suitable for:**

Vegetarians, Vegan

### Handling Information

**Directions For Use:**

None

**Storage Instructions:**

Ambient, cool, dry

### Product Ingredients

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SPELT Grain (WHEAT)

### Nutritional Information

**Typical Values per 100g/ml:**

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

**Energy:**

306 kcal / 1300 kJ

**Fat:**

1.7 g

**of which saturates:**

0.26 g

**Carbohydrates:**

61.9 g

**of which sugars:**

1.7 g

**Fibre:**

7.9 g

**Protein:**

10.8 g

**Salt:**

0 g

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.

