



Spelt Kernotto (spelt rice)

4'446 kcal

- Tin:** radius 13cm, height 17.4cm, circumference 40.3cm
- Content:** Spelt grain (spelt rice) precooked, 1300g
- Allergens:** Gluten
- Storage:** Preferably cool and dry, without direct sunlight.
Ideally at a constant temperature of approx. 15-20° Celsius.
- Once opened:** Always close the tin firmly with the plastic lid. Do not eat directly from the container (contamination), the opened product can be consumed within several weeks.
Avoid large temperature variation to prevent condensation.
- Shelf Life:** 10 years. Vacuumed and sealed under protective atmosphere (Swiss Can Machinery).

nutritional values per 100g:

| product | energy KJ / kcal | fat | saturated fat | carbs | sugars | protein | salt | fibre |
|----------------|---------------------|-----|------------------|-------|--------|---------|------|-------|
| spelt kernotto | 1446 / 342 | 2g | 0.5g | 63g | 1g | 13g | 0g | 10g |

- Directions:** Cooking time 14 to 18 min
- Spelt-Kernotto (spelt rice) can be prepared quickly and easily and be used for side dishes, salads or main courses.
- Can be served hot or cold. Does not stick! Can be reheated.
- Yield: 1300g tin = 3900g end product