



Spelt Whole Grain

4'530 kcal

- Tin:** radius 13cm, height 17.4cm, circumference 40.3cm
- Content:** Spelt Whole Grain, cleaned, 1500g
- 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 whole grain	1270 / 302	2g	0,5g	63g	1g	13g	0g	10g

Directions grind to flour/flakes or soak and cook whole (15 min)