



Organic Whole Grain Spelt Flour



Nutritional Facts

(g per 100g)

Moisture	10-13%
Protein	9.5-13%
Total Fat	0
*Saturated	0
*Trans Fat	0
Carbohydrates	77g
*Dietary Fibers	10g
*Sugars	0
Food Energy (Calories)	365
Minerals & Vitamins (mg per 100g)	33mg
Calcium	0
Sodium	3.3mg
Iron	420mg
Vitamin A (IU)	0.0
Vitamin C	0.0

Thank you for choosing Nunweiler's

We are proud to offer you Canadian grown and milled whole grain flour. We don't believe in using any additives or preservatives in our flour, simply the entire whole grain kernel. Keeping all the nutrients and the flavor that nature intended.

Description & Uses

This product is milled at low temperatures from Canadian grown organic Spelt grain. Nothing is added or removed. Non-GMO, Non-irradiated. The flour is beige in colour with a free flowing granulation.

Storage & Shelf Life

Product should be stored in a clean, cool, dry place. Optimum shelf life is 2 years from milled date under correct storage conditions.

Packaging

Packed in 10kg and 20kg multi-walled paper bags with Nunweiler's lot code and milled on date stamped on the bag. Packed in 2kg and 1 kg Poly bags with Nunweiler's lot code and best before date printed on the nutrition panel.

Allergen Checklist

COMPONENT	PRESENT IN PRODUCT	PRESENT IN OTHER PRODUCTS ON THE SAME LINE	PRESENT IN OTHER PRODUCTS IN THE SAME MANUFACTURING PLANT
PEANUTS AND THEIR DERIVATIVES	×	×	×
TREE NUTS AND THEIR DERIVATIVES	×	×	×
SESAME SEEDS	×	×	×
DAIRY PRODUCTS- MILK, LACTOSE, CASEINATES, WHEY	×	✓ 1 and 2kg packages	✓
EGGS	×	×	×
FISH- ANCHOVIES, SHELLFISH	×	×	×
SOY PRODUCTS	×	×	×
MSG OR GLUTAMATES	×	×	×
SULPHATES	×	×	×
GLUTEN	✓	✓	✓
MUSTARD	×	×	×

What we love about this product

This versatile flour is great as it can be substituted in any recipe that calls for wheat flour. It will add flavour and nutrition! Spelt has a bit less gluten than wheat, but the gluten in spelt is delicate and does not like to be overworked. It is fantastic in sourdoughs, breads and buns.

