



Organic Light Spelt Flour



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 that has been pearled to reduce some of the bran layer. Most of the fine bran is retained during the milling process. The flour is beige in colour, unbleached, and with no additives, 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	×	✓ <small>1 and 2kg packaging only</small>	✓
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. Light spelt will have a bit more strength than the wg spelt as some of the bran has been removed. This is a fantastic pizza flour. This is a great substitute for regular white flour. It is a finely milled flour so the texture will be similar. It will add flavour and nutrition! Since it contains a fair amount of gluten, it's great for breads, pastries and cakes too.



Nutritional Facts

(g per 100g)

Moisture	10-12%
Protein	10-13 %
Total Fat	2.2g
*Saturated	0.3
*Trans Fat	0
Carbohydrates	73-75
*Dietary Fibers	4g
*Sugars	0
Food Energy (Calories)	334
Minerals & Vitamins (mg per 100g)	
Calcium	38
Sodium	2
Iron	4.2
Potassium	385
Vitamin A (IU)	0.0
Vitamin C	0.0