



Amisa Spelt Puffs Organic 200g

Product Images



Additional Information

Brand	Amisa
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Storage

Temperature	Ambient
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Ingredients

Ingredients	Puffed SPELT WHEAT
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Allergens

Celery	No
Gluten	Yes
Crustacea	No
Eggs	No
Fish	No
Lupin	May Contain
Milk	No
Molluscs	No
Mustard	No
Nuts	No
Peanuts	No
Sesame	No
Soya	May Contain
Sulphites	No

Dietary Information

Approved for a Halal	No
Approved for a Kosher Diet	No
Suitable for Coeliacs	No
Suitable for Lactose-Free Diet	Yes
Suitable for a Vegan	Yes
Suitable for a Vegetarian	Yes

Nutritional Information

Carbs per 100g (g)	66.3 g
Carbs of which Sugars per 100g (g)	2.3 g
Fat per 100g (g)	2.4 g
Fat of which Saturates per 100g (g)	0.4 g
Fibre per 100g	8 g
Energy per 100g (kcal)	354 kcal
Energy per 100g (kJ)	1,497 KJ
Protein per 100g (g)	12.8 g
Salt per 100g (g)	0.05 g

While every care has been taken to ensure this information is correct, food products are constantly being reformulated and nutrition content may change. We would therefore recommend that you do not rely solely on this information and always check product labels or contact us to receive the latest information. This does not affect your statutory rights.