

ORGANIC SPELT



100% ORGANIC SPELT FARMED IN ITALY

Considered the precursor of common wheat, Spelt is appreciated for its numerous beneficial nutritional properties, making it indispensable in healthy diets for its high protein content, digestible fibre, essential amino acids, vitamins and minerals, as well as its low fat content.

Among the different Spelt varieties, Triticum spelta is the most similar to wheat, though it has a lower gluten content, and lends itself well to use in bread making, in terms of yield and workability.

ORIGIN

Italy (Emilia Romagna, Lazio)

NUTRITIONAL FACTS*

Bulk density	69,80	kg/hl
Falling number	455	
Ash	1,89	%
Protein	14,05	%
Fat	2,63	%
Fiber	3,85	%
Moisture	13,20	%

* Average analytical data (% on dry matter basis)

PACKAGING

Available:

- in bulk
- in 1000/1500 kg jumbo bags, with or without pallet



Sustainable Cereals

Gruppo Carli cereals are cultivated without irrigation.