

ORGANIC DICOCCUM 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.

Until the arrival of maize from the Americas, spelt var. *Triticum Dicoccum* was the most widespread cereal in Europe since its introduction from Egypt around 4000 years BC.

An excellent source of carbohydrates and fibre, spelt is also distinguished by its contents of mineral salts, particularly phosphorus and potassium, as well as a modest quantity of niacin (Vitamin B3).

Spelt is consumed mainly in grains, or, after milling, is used for bread making and pasta.

ORIGIN

Italy (Emilia Romagna, Lazio)

NUTRITIONAL FACTS*

Bulk density	76,42	kg/hl
Falling number	470	
Ash	1,51	%
Protein	19,03	%
Fat	2,63	%
Fiber	4,43	%
Moisture	9,80	%

* 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.