



KHORASAN SPAGHETTI

About Khorasan spaghetti

Description

The Spaghetti Khorasan is the ancestor of durum wheat and has a higher nutritional value than wheat (durum wheat is mainly used in pasta, unlike wheat that is well suited for cakes and breads). Khorasan wheat is much richer in protein (13.6%) than a conventional wheat variety. It is also richer in essential amino acids and therefore of particular interest to the vegetarian and vegan population. The richness of taste helps to broaden the multiple flavors of natural and vegan food. Furthermore the khorasan paste is a source of proteins, fibres and minerals (potassium, magnesium, iron, zinc, copper and phosphorus). This pasta can be cooked like classic pasta. Served hot, they are delicious with a tomato sauce with minced seitan or you can also eat them in a salad with small pieces of vegetables.

Use

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Ingredients

KHORASAN wholegrain WHEAT semolina*, water.

*organically grown

Packaging

500 g.

Product organically grown

100% of the agricultural ingredients are from organic farming



AB



VEGAN



SOURCE OF

PROTEIN



SOURCE OF

FIBRE



NO ADDED SUGARS



LOW SALT



LOW SATURATED FAT

Nutritional analysis

Average nutritional value per

	g/100g	portion 100g	%RI	RI
Energy	1452 kJ	1452 kJ		
	343 kcal	343 kcal	17.00	2000 kcal
Fat	1,9 g	1,9 g	3.00	70 g
of which saturates	0,4 g	0 g	2.00	20 g
of which mono-unsaturates	0.4 g	0 g		
of which polyunsaturates	1,1 g	1,1 g		
Carbohydrates	66 g	66 g	25.00	260 g
of which sugars	4,2 g	4,2 g	5.00	90 g
Fibre	6,6 g	6,6 g		
Protein	13 g	13 g	25.00	50 g
Salt	0 g	0 g	0.00	6 g

RI: Reference intake of an average adult (8400 kJ/2000 kcal)

Minerals

	mg/100g	%DRI
Sodium	0,000	0,0%
Calcium	27,000	3,4%
Potassium	398,000	19,9%
Magnesium	101,000	26,9%
Iron	3,200	22,9%
Zinc	3,500	35,0%
Copper	0,450	45,0%
Phosphor.	360,000	51,4%

DRI: % of the daily reference intake.

Allergen info

Ingredients

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* = organically grown

Allergens present in this product:

Gluten & Wheat