

## Rye Meal Fine/Medium/Coarse

Our Rye Meal is made by milling the whole, cleaned rye grain. It contains all parts of the grain (endosperm, bran, germ). The wholegrain meal therefore contains all the vitamins, fatty acids, fibre, and minerals that are contained in the whole grain. The main difference to wholegrain flour is that it is not so finely milled.

We offer both a conventional version and an organic version (Naturland, Bioland, EU organic flour).

Rye Meal is particularly suitable for:

- Flavourful, savoury bread
- Fresh muesli

### Ingredients:

100% Rye

### Nutritional values per 100g

Energy	1326 kJ 314 kcal
Fat / of which saturates	1,7g 0,2g
Carbohydrates / of which sugars	60g 1g
Fibre	14g
Protein	7,7g
Salt	0,01g

### Packaging sizes



25kg bags



Big Bag



loose loading

### Deliverable in



Bioland



EU organic



halal



conventional



kosher



Naturland