Wild Rye

Our whole Wild Rye grains are very versatile. Wild Rye is a popular type of ancient grain for baking bread and rolls.

We offer both a conventional version and an organic version.

Wild Rye grains are very good:

- For making wholegrain flour
- For overnight porridge or cooked rye

Ingredients:

100% Wild Rye

Nutritional values per 100g:

Energy	1326 kJ 314 kcal
Fat / of which saturates	1,7g 0,3g
Carbohydrates / of which sugars	61,0g 1,0g
Fibre	14,0g
Protein	10,0g
Salt	<0,01g

Packaging sizes

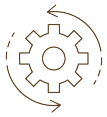
25kg bags

Big Bag

loose loading

Deliverable in

EU organic



conventional

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