

RAPUNZEL Roasted buckwheat, 250g



article number	barcode (item)	barcode (packaging)	eco-ID	
403440			313025	

Brand

Rapunzel



Quality

EU organic logo, polish agriculture

Marketing text

Had anything crispy today? For everyone who loves that extra portion of crunch in their food, roasted buckwheat is the perfect all-round topping. It tastes especially nutty aromatic and is nice and crispy. This especially nutty aromatic and popular pseudocereal can be sprinkled over sweet or savoury dishes in no time at all. It can also be used to make porridges (Kasha). The shelled buckwheat is roasted by Rapunzel and packed directly afterwards. Buckwheat is a pseudo-cereal. Pseudo, because despite its name it is not a cereal at all, but a knotweed plant. It is the ideal alternative to cereals. Buckwheat's lush flowering is a great food provider for bees.

Particularities

cultivated in Europe, packed by Rapunzel

Usage instructions

With its delicious taste crispy roasted buckwheat will enhance muesli, salads, soups, yoghurt, fruit salads, vegetable dishes and much more. Direct from the bag – just sprinkle them on and get crunching! The roasted pseudo-cereal can also be prepared as an aromatic buckwheat porridge, also known as kasha, both sweet and savoury.

Consumer storage instructions supplement

Please store in a cool and dry place.

Preparation instructions

Recipe for buckwheat porridge (kasha): Rinse the buckwheat, bring 1 part buckwheat with 2 parts water, milk or milk alternative to a boil and simmer gently for approx. 10-15 minutes with the lid on.

Manufacturing

The buckwheat is cleaned and shelled after being harvested. It is then roasted by Rapunzel and packed shortly after that.

Origin

Poland (PL)

Origin of the raw materials

Poland

Ingredients

buckwheat* peeled and roasted

**= ingredients from organic farming*



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Allergy notes

not in production and pollution excluded : Eggs and egg products, Fish and fish products, Crustaceans and products, Lupine and lupine products, Milk and dairy products including lactose, Celery and celery products, Mustard and products thereof, Soybeans and soyproducts, Molluscs and mollusc products, Spelt, Barley, Oats, Kamut, Cashew, Hazelnut, Macadamia, Brazil nut, Pecan, Pistachio, Walnut, Lactose, Cocoa, Cinnamon

traces possible: Peanuts and peanut products, Gluten, Nuts and nut products, Sesame seeds and sesame products, Rye, Wheat

no: Sulphur dioxide and sulphites > 10mg/kg

Further properties

vegan ✓ vegetarian ✓

Product group specific information

Legal product category..... food
Sweetener..... not sweetened
Preparation type..... Cooking pot

Quality

Organic product..... yes
Official organic labels..... EU organic logo
Organic certification body..... DE-ÖKO-006

Other designations

Product name medium version..... Roasted buckwheat

Legal information

Legal designation of the product..... Buckwheat, roasted
Adress of distributor..... Rapunzel Naturkost GmbH & Co. KG, Rapunzelstraße 1, D-87764 Legau;
info@rapunzel.de
E-Mail of distributor..... info@rapunzel.de

Nutritional values & analysis results based on 100 g

Energy in kJ / 100 g or 100 ml..... 1493 kJ / 353 kcal
Fat..... 3,20 g
of which saturates..... 0,90 g
Carbohydrates..... 65,10 g
of which sugars..... 0,88 g
Fibre..... 4,7 g
Protein..... 13,70 g
Salt..... < 0,010 g

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Details of the trade (btob)

Batch-numbered	batched
Available from date	2024-06-01
Trade item date on packaging	best before on the packaging
Minimum shelf life for retailers	150 days
Min. lifespan from time of departure warehouse	210 days
Storage minimum temperature	8 °C
Storage maximum temperature	30 °C
Storage instruction for wholesalers	storage in a dry environment
Import classification value	11042917
Weight PU1 content	2 kg

Details of the consumer unit

Orderable piece	no
Sales designation of piece	piece
Packaging marked language code	German, italian

Dimensions and weights of the consumer unit

Width of a piece	75 mm
Depth of a piece	50 mm
Height of a piece	105 mm
Gross weight of a piece	0,253 kg
Net weight in kg	0,250 kg

Details of pu1 (packaging unit / container)

Orderable unit trade item 1	yes
GTIN pu printed on cardboard	yes
Quantity of pieces in PU1	8 pcs
Sales designation of PU1	carton

Dimensions and weights of the retailer unit

Width of pu1	157 mm
Depth of pu1	207 mm
Height of pu1	155 mm
Gross weight of the pu1	2,123 kg

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Details of the pallet

Pallet.....	1 / 1 EURO pallet
Handling of pallet.....	Exchange pallets
Width of the pallet.....	800 mm
Depth of the pallet.....	1200 mm
Height of unloaded pallet.....	144 mm
Max. height of the pallet.....	919 mm
Gross weight pallet.....	317,220 kg
Quantity of PU in 1 layer.....	28
Quantity of PU on pallet.....	140
Pallets stackable.....	no
Unit stacking factor.....	1
Transport stacking factor.....	1

Prices and conditions

Base price factor.....	4,000
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Other

Is packaging marked with ingredients.....	yes
Full declaration on label.....	no