

article number	barcode (item)	barcode (packaging)	eco-ID	
403430	 4 006040 102618	 4 006040 102601	2417	

Brand

Rapunzel



Quality

EU organic logo, polish agriculture

Marketing text

Buckwheat has a pleasant nutty taste and is a pseudo-grain. Pseudo-grain because despite its name, buckwheat is not a cereal, it is related to knotweed. Buckwheat is an ideal alternative to the usual cereals. Besides, the abundant flowers of buckwheat provide nectar and pollen for bees. It can be used in the kitchen in many different ways.

Particularities

cultivated in Europe, packed by Rapunzel

Usage instructions

Ideal as side dish, for risotto, gratins or breakfast porridges. When presoaked it can be used in bread preparation (up to a proportion of 30% of the cereal). It can also be used ground as flour for baking and yummy crêpes.



Consumer storage instructions supplement

Store in a cool and dry place.

Preparation instructions

Wash buckwheat before cooking. Bring 250 g buckwheat in about 625 ml water to a boil. Simmer for 15 minutes and let soak for another 5 minutes.

Manufacturing

After harvesting, the buckwheat is cleaned, peeled, sifted and packed.

Origin

Poland (PL)

Origin of the raw materials

Poland

Ingredients

buckwheat*

**= ingredients from organic farming*

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Allergy notes

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

traces possible: Gluten, 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..... Buckwheat

Legal information

Legal designation of the product..... Buckwheat
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.....	2014-10-13
Trade item date on packaging.....	best before on the packaging
Minimum shelf life for retailers.....	240 days
Min. lifespan from time of departure warehouse.....	300 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.....	3 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.....	85 mm
Depth of a piece.....	55 mm
Height of a piece.....	135 mm
Gross weight of a piece.....	0,505 kg
Net weight in kg.....	0,500 kg

Details of pu1 (packaging unit / container)

Orderable unit trade item 1.....	yes
GTIN pu printed on cardboard.....	yes
Quantity of pieces in PU1.....	6 pcs
Sales designation of PU1.....	carton

Dimensions and weights of the retailer unit

Width of pu1.....	138 mm
Depth of pu1.....	257 mm
Height of pu1.....	175 mm
Gross weight of the pu1.....	3,138 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.....	1019 mm
Gross weight pallet.....	412,250 kg
Quantity of PU in 1 layer.....	25
Quantity of PU on pallet.....	125
Pallets stackable.....	yes
Transport stacking factor.....	1
Unit stacking factor.....	2

Prices and conditions

Base price factor.....	2,000
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Other

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