

SPELT - KAMUT - TRITICALE

SPELT

Lower gluten, so many people with gluten allergies can eat this. (always check with your doctor first.)

Contains 15%-21% protein, which is higher than wheat.

Has higher fiber than wheat.

Higher than wheat in complex carbohydrates, iron, potassium, and B vitamins.

Contains nutrients that aid in blood clotting & stimulates the immune system.

Is similar to cooking with wheat flour, but because of the lower gluten content, do not let it rise as high as regular wheat flour.

Spelt flour doesn't require as much water, so if substituting for wheat flour, start by using only $\frac{3}{4}$ as much water.

KAMUT

Lower gluten, so many people with gluten allergies can eat this. (always check with your doctor first)

Contains about 17%-19% protein, which is higher than wheat.

Less fiber than wheat.

Higher than wheat in vitamin A, thiamin, riboflavin, phosphorus, magnesium, zinc, pantothenic acid, copper and complex carbohydrates.

Considered a "high energy grain".

Is similar to cooking with durum wheat, so if making breads, you will have a heavier loaf or make sure you add wheat gluten.

Kamut works great in cakes and pastas.

TRITICALE

Lower gluten content than wheat.

Higher protein content than wheat.

Higher than wheat in amino acids and lysine.

Triticale flour has a similar taste to wheat and can be used in place of wheat flour. If using for leavened breads, you must add at least 50% wheat flour because of the very low gluten content.

Do not excessively knead dough with triticale as this can damage the delicate gluten in triticale.

It is a cross between durum wheat and rye.