TEFF

SPECIFICATION

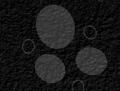
- Product Name
- Teff

• Origin

Ethiopia

• Family

- Poaceae
- Binomial name -
 - **Eragrostis tef**





Nutrients

Calories 366, Carbs - 70.7g, Fiber - 12.2g

Minerals

Protein

Copper, Magnesium, Potassium, Phosphorous, Manganese, Zinc, Selenium



12.2g

Fats

3.7g

USES & BENEFITS

- Teff is popular across the world as it is gluten-free. Thus it can be ground and used as whole grain and gluten-free flour.
- In Ethiopia, teff flour is fermented with yeast and is then used to make a traditional sourdough flatbread known as 'injera'.
- Teff flour is also used for baking bread or manufacturing packaged foods like pasta. It is a good gluten-free alternative even for such products.



