

Viking Malt, nutritional values

19th of December 2025

Nutritional information (in average /100g):

Malt Category: Brewer's Classic

	Viking Pilsner Malt	Viking Pale Ale Malt	Viking Pilsner Zero Malt	Viking Vienna Malt	Viking Wheat Malt
Energy (kJ)	1499	1497	1499	1512	1500
Energy (kcal)	355	355	355	358	355
Protein (g)	9	10	9	10	12
Carbohydrates (g)	66	80	66	69	65
of which sugars (g)	7	6	7	11	2
Fat (g)	2	3	2	2	3
Dietary fibre (g)	17	15	17	15	11
Salt (g)	0,01	0,03	0,01	0,02	0,01
Sodium (mg)	34	11	34	69	120
Ash (g)	2	2	2	2	2

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Nutritional information (in average /100g):

Malt Category: Brewer's Special

	Viking Carabody Malt	Viking Oat Malt	Viking Munich Malt Light and Dark	Viking Red Ale	Viking Golden Ale	Viking Caramel Pale	Viking Caramel 30	Viking Caramel 50	Viking Caramel 100	Viking Caramel 150	Viking Caramel 200
Energy (kJ)	1505	1338	1512	1501	1520	1477	1349	1349	1481	1481	1481
Energy (kcal)	357	320	358	356	360	350	322	322	351	351	351
Protein (g)	12	11	10	9	10	10	11	11	10	10	10
Carbohydrates (g)	63	41	69	66	69	65	78	78	64	64	64
of which sugars (g)	3	2	11	4	6	12	4	4	4	4	4
Fat (g)	3	5	2	3	2	2	3	3	3	3	3
Dietary fibre (g)	16	34	15	16	14	15	31	31	14	14	14
Salt (g)	0,02	0,01	0,02	0,02	0,01	0,01	0,07	0,07	0,02	0,02	0,02
Sodium (mg)	65	34	69	80	29	38	27	27	87	87	87
Ash (g)	2	3	2	2	2	2	2	2	2	2	2

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Malt Category: Brewer's Special

	Viking Caramel 300	Viking Caramel 400	Viking Caramel 600	Viking Cookie Malt	Viking Coffee Malt	Viking Chocolate Malt	Viking Black Malt	Viking Roasted Barley	Viking Rye Malt	Viking Dextrin Malt	Viking Red Active Malt
Energy (kJ)	1474	1474	1474	1514	1499	1499	1459	1467	1489	1523	1495
Energy (kcal)	350	350	350	359	356	356	347	348	352	361	355
Protein (g)	11	11	11	13	10	10	12	13	10	9	12,6
Carbohydrates (g)	61	61	61	79	66	66	57	58	67	69	61
of which sugars (g)	<0,2	<0,2	<0,2	6	<1	<1	<1	<0,2	4	12	3,81
Fat (g)	3	3	3	3	2	2	3	2	2	2	2,81
Dietary fibre (g)	18	18	18	18	16	20	24	22	14	13	17,5
Salt (g)	0,02	0,02	0,02	0,02	0,02	0,01	0,02	0,02	0,02	0,01	0,01
Sodium (mg)	88	88	88	70	64	59	89	65	74	32	50
Ash (g)	2	2	2	2	2	2	2	2	1	2	2

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Malt Category: Brewer's Organic

	Viking Pilsner Malt Organic	Viking Munich Light Organic	Viking Pale Ale Malt Organic	Viking Caramel Pale Organic	Viking Caramel 100 Organic	Viking Caramel 150 Organic	Viking Black Malt Organic	Viking Wheat Malt Organic
Energy (kJ)	1499	1512	1497	1477	1481	1481	1459	1500
Energy (kcal)	355	358	355	350	351	351	347	355
Protein (g)	9	10	10	10	10	10	12	12
Carbohydrates (g)	66	69	80	65	64	64	57	65
of which sugars (g)	7	11	6	12	4	4	<1	2
Fat (g)	2	2	3	2	3	3	3	3
Dietary fibre (g)	17	15	15	15	14	14	24	11
Salt (g)	0,01	0,02	0,03	0,01	0,02	0,02	0,02	0,01
Sodium (mg)	34	69	11	38	87	87	89	120
Ash (g)	2	2	2	2	2	2	2	2

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Nutritional information (in average /100g):

Malt Category: Smoked Special

	Viking Lightly Peated Malt	Viking Smoked Malt	Viking Wheat Malt
Energy (kJ)	1456	1456	1500
Energy (kcal)	345	345	355
Protein (g)	9	9	12
Carbohydrates (g)	65	65	65
of which sugars (g)	6	6	2
Fat (g)	2	2	3
Dietary fibre (g)	16	16	11
Salt (g)	0,01	0,01	0,01
Sodium (mg)	21	21	120
Ash (g)	2	2	2

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Nutritional information (in average /100g):

Malt Category: Distiller's Choice

	Viking Pot Still Rye	Viking Enzyme Malt
Energy (kJ)	1447	1498
Energy (kcal)	343	362
Protein (g)	9	11
Carbohydrates (g)	66	66
of which sugars (g)	6	5
Fat (g)	2	3
Dietary fibre (g)	16	13
Salt (g)	0,01	0,01
Sodium (mg)	26	9
Ash (g)	1	2

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