



Birch Sugar 300 g Doypack Superfoods Drasanvi

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Description

Birch sugar, also known as xylitol, is a delicious sugar substitute. It is sourced from birch bark but it can also be extracted from other plants. It has a refreshing taste very similar to sucrose. The difference between this and sugar is that it has 40% fewer calories and a glycaemic index around 7 (compared to 64 for sugar). In addition to its pleasant taste and low glycaemic index, it also helps maintain healthy teeth and contributes to their mineralisation.

Ingredients

Birch sugar (Xylitol) (*Arthorospira platensis*)

Directions

Add to sweeten juices, milkshakes, coffee, vegetable drinks, etc. You can use it as a substitute for white sugar in baking recipes as it resists baking. 1 dessert spoon = around 6 grams

Presentation

Contains 300 g (10.58 oz)

Warnings

Store in a cool, dry place.

Allergen free

Additional Information

Low glycaemic index

The glycaemic index indicates the amount of carbohydrates a product releases. Products with a high glycaemic index have a high rate of absorption and give way to an abrupt change in carbohydrate levels in the blood. On the other hand, products with a low glycaemic index release carbohydrates over a longer period of time, helping keep sugar levels in the blood more constant.

Finnish origin

Drasanvi's Superfood Birch Sugar is sourced in Finland.

Nutrition Facts

Per 100 g

Ingredients	Quantity/100g
Energetic Value	1000 kJ / 240 kcal
Fats	0 g
of which are saturated	0 g
Carbohydrates	100 g
of which are sugar	0.2 g
of which polyols	99.8 g
Fibre	0 g
Proteins	0 g

Allergen Information

Allergen-free

Certifications

