



Thin Oat Flakes BIO 1 kg Sport Live Drasanvi

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Description

Thin Oat Flakes BIO Sport Live are obtained exclusively from 100% whole-grain oats from **organic farming**, without the use of genetically modified organisms, pesticides or chemicals of any kind. Wholegrain oatmeal is a food with great nutritional value. Ideal for introducing them to your breakfast with milk, yogurt, or your favorite vegetable milk, it will provide you with a high fiber content and a natural source of protein, as well as vitamins of group B and E. They are presented in thin, very fast oat flakes of Cook. 5 to 10 minutes are ready. **Origin: EU Agriculture.**

Directions

Cook for 5 to 10 minutes in plenty of water, milk, soup etc. 5 tablespoons, while stirring so it does not stick to the bottom.

Presentation

Contains 1000 g (35.27 oz)

Warnings

Keep in a cool and dry place. It contains gluten. May contain traces of Nuts, Soya and Sesame.

Nutrition Facts

Per 100 g

	Quantity	Per portion (35 g)*
Energetic Value	1529 kJ / 363 kcal	535,15 kJ / 127, 05 kcal
Fats	7 g	2,45 g
of which hare saturated	<i>1,24 g</i>	<i>0,43 g</i>
Carbohydrates	58,2 g	20,37 g
of which are sugar	<i><1 g</i>	<i><0,35 g</i>
Fibre	10 g	3,50 g
Proteins	12,5 g	4,37 g
Salt	0,03 g	0,010 g

*14 portions per bag approximately.

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

