Thin Oat Flakes BIO 1 kg Sport Live Drasanvi

SKU: 032050584 **EAN13:** 8436578544196

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 whic hare saturated	*1,24 g*	*0,43 g*
Carbohydrates	**58,2 g**	**20,37 g**
of which are sugar	*<1 g*	***<**0,35 g*
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

VEGAN
PRODUCT