



Whole Wheat Flour Bio 1 kg Ecosana

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Description

ECOSANA's Organic Whole Wheat Flour is obtained from the grinding of whole wheat grains, following the criteria of **organic production**. In this way we get a flour with all the properties, like the one consumed by our great grandparents, with a much higher percentage of fiber than that of white flour, which will help us improve our digestion. The result is a healthier flour, which, thanks to the fact that it preserves the skin and the pod of the whole grain, provides **slow-absorbing carbohydrates** with a **lower glycemic index**, around 40, which is key to not producing insulin peaks in blood and feel satiated for longer. Try it and substitute or mix your sweet, savory, battered recipes made with white flour for whole wheat flour! And enjoy it!

Ingredients

Whole **wheat** flour*

*From Organic Agriculture.

Directions

Use at your convenience

Presentation

Contains 1 kg

Warnings

It contains **gluten**.

May contain traces of **Soya, Sesame and Nuts**.

Store in a cool, dry place.

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	1347 kJ / 322 kcal
Fat <i>of which saturated</i>	2,20 g <i>0,28 g</i>
Carbohydrates <i>of which sugars</i>	58,3 g <i>2,1 g</i>
Fibre	9 g
Proteins	12,7 g
Salt	0,003 g

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

