



Hulled Millet Bio 500 g Ecosana

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Description

ECOSANA's Bio Hulled Millet contains exclusively 100% millet from **organic farming**, respecting the natural cycles of plants and without the use of genetically modified organisms, pesticides, pesticides or chemicals of any kind. Contributing in this way with the care of the Environment. As a natural source of **fibre** and **iron**, it is excellent for you to enjoy cooked or toasted in your breakfasts, incorporated alone or together with other cereals in your yogurt, milk or the vegetable drink of your choice. You can also try to take it as an alternative to pasta dishes, since thanks to its **high carbohydrate content** and it is a naturally **gluten-free** cereal, it is excellent for athletes and for people with celiac disease.

Ingredients

Hulled millet grains*

*From Organic Agriculture.

Directions

Use at your convenience

Presentation

Contains 500 g

Warnings

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

Store in a cool, dry place.

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	1499,14 kJ / 355 kcal
Fat <i>of which saturated</i>	4,22 g <i>0,72 g</i>
Carbohydrates <i>of which sugars</i>	64 g <i>0 g</i>
Fibre	8,5 g
Proteins	11 g
Salt	0,01 g

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications

