



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

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Hulled millet grains\*

\*From Organic Agriculture.

# Directions

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Use at your convenience

# Presentation

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Contains 500 g

# Warnings

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

Store in a cool, dry place.

# Nutrition Facts

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Per 100 g

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

# Allergen Information

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Shelled Nuts, Sesame, Soya,

# Certifications

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