



# Large Wholegrain Oat Flakes 500 g Natursana

SKU: 467010070 EAN13: 8436012944759

## Description

**NATURSANA Oat Flakes** are obtained from dehulling, grinding and pressing oat grains. Oats are a cereal **rich in fibre, energy**, highly recommended for athletes and students. It contains **complex carbohydrates**, which are assimilated by the body slowly, providing a feeling of **satiety** that will help you not to snack between meals and give you the energy you need for the day. It is a **natural food**, without preservatives or colorants, that you can enjoy taking them at any time of the day incorporated in yogurts, milk, juices ..., as dessert or as breakfast. Give them your special touch, combining them with raisins, dried fruits, pure chocolate shavings ... whatever you can think of.

## Ingredients

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Large Wholegrain oat flakes.

## Directions

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Eat cooked or raw. Cooked: cook for 5-10 minutes a portion of 35 g in ¼ liter of water, milk or vegetable broth. Raw: together with juices, vegetable drinks, milk or yogurt accompanied by dried fruit, honey, natural fruit ...

## Presentation

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Contains 500 g

## Warnings

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Store in a cool, dry place.

It contains **gluten**.

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

## Nutrition Facts

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Per 100 g

|   | <b>Quantity</b>             |
|---|-----------------------------|
| <b>Energetic Value</b>                      | <b>1586 kJ / 376 kcal</b>   |
| <b>Fat</b> <i>of which saturated</i>        | <b>6,50 g</b> <i>1,20 g</i> |
| <b>Carbohydrates</b> <i>of which sugars</i> | <b>62,10 g</b> <i>1,0 g</i> |
| <b>Fibre</b>                                | <b>11,10 g</b>              |
| <b>Proteins</b>                             | <b>11,80 g</b>              |
| <b>Salt</b>                                 | <b>0,08 g</b>               |

## Allergen Information

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Shelled Nuts, Gluten, Sesame, Soya,

## Certifications

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