



Large Wholegrain Oat Flakes Bio 1 kg Ecosana

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Description

Committed to the highest quality of the product and respect for the environment, **ECOSANA's Large Wholegrain Oat Flakes** are obtained from **sustainable** farming systems that strictly comply with **organic production standards**:

- Without pesticides, fertilizers or herbicides of synthetic origin.
- Without additives, colorants, flavorings, aromas...
- Without genetically modified organisms.

This cereal, in itself, is characterized by having a **large amount of fibre**, and in this case, greater, as it is **wholegrain** and thus preserves all its natural properties. Due to its fiber content, taking oat flakes on a daily basis integrated into your healthy diet is a great choice to help you maintain control of your weight.

Ingredients

Large Wholegrain **oat** flakes*

*From Ecological Agriculture.

Directions

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

Presentation

Contains 1 Kg

Warnings

Keep in a cool and dry place.

It contains **gluten**.

May contain traces of **nuts, sesame, soya, mustard and lupins**.

Nutrition Facts

Per 100 g

	Quantity	Per portion (35 g)
Energetic Value	1488 kJ / 352 kcal	520,8 kJ / 123,2 kcal
Fat <i>of which saturated</i>	6,60 g <i>1,20 g</i>	2,31 g <i>0,42 g</i>
Carbohydrates <i>of which sugars</i>	62,40 g <i><1,0 g</i>	21,84 g <i>0,35 g</i>
Fibre	10 g	3,38 g
Proteins	12,50 g	4,36 g
Salt	0,03 g	0,001 g

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

