



# Buckwheat Bio 500 g Ecosana

**SKU**: 467010104 **EAN13**: 8436012943936

#### Description

ECOSANA's Bio Buckwheat is obtained exclusively from organic farming. In this way, a product of the highest nutritional quality is achieved in addition to being respectful with the environment. Buckwheat is a pseudocereal, whose origin dates back to Central Asia. It stands out for its high content of slow absorption carbohydrates, which makes buckwheat present a low Glycemic Index (GI), maintaining a satiating effect for a longer time. It is also high in fiber! In addition, this pseudocereal is very versatile, since being naturally GLUTEN FREE it can be used in many recipes for celiacs. You can use it as a garnish in your recipes of meat and fish or vegetables, in stir-fries or salads.

#### Ingredients

Buckwheat grains\*

\*From organic farming.

Directions Presentation

Use at your convenience Contains 500 g

### Warnings

Store in a cool, dry place.

May contain traces of Nuts, Soyabeans and Sesame.

#### **Nutrition Facts**

Per 100 g

Energetic Value 1651 kJ / 3911 kcal
Fat of which saturated 3,40 g 0,70 g
Carbohydrates of which sugars 72 g 0 g
Fibre 10 g
Proteins 13 g
Salt 0 g

#### Allergen Information

Shelled Nuts, Sesame, Soya,

## Certifications





