



Buckwheat Bio 500 g Ecosana

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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

Use at your convenience

Presentation

Contains 500 g

Warnings

Store in a cool, dry place.

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

Nutrition Facts

Per 100 g

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

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications

