



# 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

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Buckwheat grains\*

\*From organic farming.

## Directions

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Use at your convenience

## Presentation

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Contains 500 g

## Warnings

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Store in a cool, dry place.

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

## Nutrition Facts

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Per 100 g

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

## Allergen Information

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Shelled Nuts, Sesame, Soya,

# Certifications

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