



## Spelt Grain Bio 500 g Ecosana

SKU: 467010106 EAN13: 8436044515767

### Description

**ECOSANA Bio Spelt** are obtained exclusively from 100% **organic farming**, achieving a product with all the properties intact and contributing to the care of the environment. This cereal stands out for being an important source of **high quality proteins**, thanks to its high content of **lysine and tryptophan**, two essential amino acids for the body. In addition, it is rich in **minerals and vitamins of group B and E**, and a source of **fibre** and **slow-absorbing carbohydrates that will help you stay satiated for longer**. Perfect for making delicious healthy dishes, with vegetables, tofu, mushrooms... You can also make wonderful bars, cookies... whatever you can think of!

# Ingredients

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**SPELT** grains\*

\*From Organic Agriculture.

# Directions

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You can add this cereal to your breakfasts combined with yogurt, vegetable milk or juice. You can also create delicious cereal bars or cookies.

# Presentation

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Contains 500 g

# Warnings

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It contains **gluten**.

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

Store in a cool, dry place.

# Nutrition Facts

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Per 100 g

	Quantity
<b>Energetic Value</b>	<b>1377 kJ / 329 kcal</b>
<b>Fat</b> <i>of which saturated</i>	<b>1,70 g</b> <i>0,20 g</i>
<b>Carbohydrates</b> <i>of which sugars</i>	<b>60,30 g</b> <i>0,70 g</i>
<b>Fibre</b>	<b>9,96 g</b>
<b>Proteins</b>	<b>17 g</b>
<b>Salt</b>	<b>0,0025 g</b>

## Allergen Information

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Shelled Nuts, Gluten, Sesame, Soya,

## Certifications

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