



Spelt Grain Bio 500 g Ecosana

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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

SPELT grains*

*From Organic Agriculture.

Directions

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

Contains 500 g

Warnings

It contains **gluten**.

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

Store in a cool, dry place.

Nutrition Facts

Per 100 g

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

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

