



Buckwheat Flakes Bio 500 g Ecosana

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Description

ECOSANA's Organic Buckwheat Flakes are obtained exclusively from 100% buckwheat from **organic farming**, using methods that respect the Environment. It is a pseudocereal, whose origin dates back to Central Asia. It stands out for its high content of slow-absorbing carbohydrates, which makes buckwheat present a **low Glycemic Index** (GI). It is also high in fibre! Ready to consume at any time of the day! You can add them to your breakfast in your favorite vegetable drink, yogurt, milk... or to your meals, in salads, fruits, juices, smoothies... You decide!

Ingredients

Buckwheat flakes*

*From Organic Agriculture.

Directions

Use at your convenience

Presentation

Contains 500 g

Warnings

May contain traces of **Soya, Nuts, Sesame and Gluten**.

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	1466 kJ / 355 kcal
Fat of which saturated	1,70 g 0,30 g
Carbohydrates of which sugars	71 g 0,40 g
Fibre	3,70 g
Proteins	9,80 g
Salt	0,002 g

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

