



# Buckwheat Flakes Bio 500 g Ecosana

SKU: 467010108 EAN13: 8436012944490

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

## Allergen Information

---

Shelled Nuts, Gluten, Sesame, Soya,

## Certifications

---

