



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

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

