



Quinoa Flakes Bio 200 g Ecosana

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Description

ECOSANA's Bio Quinoa Flakes are obtained by grinding and pressing 100% quinoa seeds from **organic farming**. This means that the natural cycles of the plants have been respected and no genetically modified organisms, pesticides, pesticides or chemicals of any kind have been used. Thanks to its **high biological value protein content** (because it contains all the essential amino acids) and its richness in **fibre** and **complex carbohydrates**, ECOSANA's quinoa flakes are one of the most complete plant foods to eat for breakfast. or snacks. In addition, it will provide you with **group B vitamins** and minerals such as **Iron, Calcium, Phosphorus...** You can take them alone or combined with fruits, nuts... in your favorite yogurt or vegetable drink. Enjoy them without added sugars and gluten free!

Ingredients

Quinoa flakes *

* From Organic Agriculture.

Directions

Use at your convenience

Presentation

Contains 200 g

Warnings

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

Store in a cool, dry place.

Nutrition Facts

Per 100 g

Energetic Value

Fat of which saturated

Quantity

1488 kJ / 355 kcal

5,94 g 0,53 g

Carbohydrates <i>of which sugars</i>	62,44 g <i>1,60 g</i>
Fibre	6,86 g
Proteins	12,19 g
Salt	0,008 g

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications

