



# Quinoa Flakes Bio 200 g Ecosana

SKU: 467010115 EAN13: 8436012944155

## 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

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Quinoa flakes \*

\* From Organic Agriculture.

## Directions

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Use at your convenience

## Presentation

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Contains 200 g

## Warnings

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

Store in a cool, dry place.

## Nutrition Facts

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Per 100 g

**Energetic Value**

**Fat of which saturated**

**Quantity**

**1488 kJ / 355 kcal**

**5,94 g 0,53 g**

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

## Allergen Information

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Shelled Nuts, Sesame, Soya,

## Certifications

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