



# Puffed Spelt with Chocolate Bio 300 g Ecosana

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## Description

Committed to the highest quality of the product and the care of the environment, the **ECOSANA Organic Puffed Spelt with Chocolate** has been made from ingredients 100% from **organic farming**. Spelt is a very interesting cereal due to its **high quality protein** content, as it has high amounts of lysine and also tryptophan, an amino acid that makes your body secrete serotonin and relax. In addition, it is a great source of minerals and vitamins, especially those included in groups B and E, and an ideal way to consume **complex, slow-absorbing carbohydrates and fibre**. Bathed in delicious chocolate, you can enjoy this excellent cereal in your breakfasts or snacks, incorporated in your yogurt, milk or vegetable drink, as you prefer!

## Ingredients

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Puffed **SPELT**\* (58,1%), cane sugar\*, dark chocolate\* (6,9%) (cocoa paste, cane sugar, cocoa butter, **SOYA** lecithin (Emulsifier), natural vanilla, Cocoa 10/12 powder\*, corn syrup\*, honey (4,1%), sunflower oil\*

\* From Organic Agriculture.

## Directions

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It can be taken at breakfast or to complete your snacks added to your favorite vegetable drink, yogurt, juice...

## Presentation

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Contains 300 g

## Warnings

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Keep in a cool and dry place.

Contains **Gluten and Soya**.

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

# Nutrition Facts

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Per 100 g

	<b>Quality</b>
<b>Energetic Value</b>	<b>1690 kJ / 401 kcal</b>
<b>Fat</b> <i>of which saturated</i>	<b>6,90 g</b> <i>2,40 g</i>
<b>Carbohydrates</b> <i>of which sugars</i>	<b>71,50 g</b> <i>29,70 g</i>
<b>Fibre</b>	<b>7,20 g</b>
<b>Proteins</b>	<b>9,50 g</b>
<b>Salt</b>	<b>0,02 g</b>

# Allergen Information

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Shelled Nuts, Gluten, Milk, Sesame, Soya,

# Certifications

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