



Gluten Free Fine Wholegrain Oat Flakes Bio 500 g Ecosana

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Description

Ecosana's Oat Flakes are obtained by dehulling, grinding and pressing 100% oat grains from **organic farming**, ensuring the **absence of gluten** throughout the production chain until it reaches the final consumer. Oats are a cereal which until recently was thought to contain **gluten naturally**. However, recent research indicates that the presence of gluten in this cereal is due to the **cross contamination** that can occur during the harvest, transport, storage or subsequent treatment of cereals, by cereals that do contain it naturally, such as **wheat, barley or rye, which make gluten intolerant people unable to take it**. That is why Ecosana's oat flakes have undergone several exhaustive controls that

guarantee the enjoyment of all the benefits and nutritional properties of oats for those **celiac people** who must follow a **gluten-free** diet. It comes as fine oat flakes, very quick to cook. 5-10 minutes are ready. WITH BETA-GLUCANS TO CONTROL CHOLESTEROL*

*Beta-glucans help maintain normal blood cholesterol levels. The beneficial effect is obtained with a daily intake of 3 g of oat beta-glucan.

Ingredients

100% gluten free fine wholegrain **oat** flakes*

*From Organic Agriculture.

No colourings, preservatives or added sugars.

Directions

Cook for 5 to 10 minutes in plenty of water, milk, soup... 5 tablespoons (35 g) of rolled oats, stirring constantly so that it does not stick to the bottom.

Presentation

Contains 500 g

Warnings

Store in a cool, dry place.

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

Nutrition Facts

Per 100 g

	Quantity	Per portion (35 g)*
Energetic Value	1551 kJ / 368 kcal	542,85 kJ / 128 kcal

Fat of which saturated	6,24 g 0,96 g	2,18 g 0,34 g
Carbohydrates of which sugars	61,20 g 1,30 g	21,42 g 0,46 g
Fibre	8,10 g	2,84 g
<i>of which beta-glucans</i>	3,3 g	1,15 g
Proteins	12,70 g	4,44 g
Salt	0,016 g	0,006 g

*14 portions approx. /bag

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications

