



# 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

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

\*From Organic Agriculture.

No colourings, preservatives or added sugars.

## Directions

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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

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Contains 500 g

## Warnings

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Store in a cool, dry place.

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

## Nutrition Facts

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Per 100 g

|                        | Quantity                  | Per portion (35 g)*         |
|------------------------|---------------------------|-----------------------------|
| <b>Energetic Value</b> | <b>1551 kJ / 368 kcal</b> | <b>542,85 kJ / 128 kcal</b> |

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

\*14 portions approx. /bag

## Allergen Information

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Shelled Nuts, Sesame, Soya,

## Certifications

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