



# Gluten Free Large 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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Gluten free large wholegrain **oat** flakes\*

\*From Organic Agriculture.

## Directions

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Open and serve to taste. You can mix 5 tablespoons (35 g approx.) With milk, vegetable drinks, juice, yogurts...

## 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

	<b>Quantity</b>	<b>Per portionn (35 g)*</b>
<b>Energetic Value</b>	<b>1530 kJ / 365 kcal</b>	<b>535,5 kJ / 127,75 kcal</b>
<b>Fat</b> <i>of which saturated</i>	<b>6,90 g</b> <i>1,20 g</i>	<b>3,45 g</b> <i>0,6 g</i>
<b>Carbohydrates</b> <i>of which sugars</i>	<b>56 g</b> <i>1,30 g</i>	<b>28 g</b> <i>0,65 g</i>
<b>Fibre</b>	<b>11 g</b>	<b>5,5 g</b>
<i>of which beta-glucans</i>	<b>3,40 g</b>	<b>1,2 g</b>

<b>Proteins</b>	<b>14 g</b>	<b>7 g</b>
<b>Salt</b>	<b>0,025 g</b>	<b>0,0125 g</b>

\*14 portions approx. /bag

## Allergen Information

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Shelled Nuts, Sesame, Soya,

## Certifications

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