



# Gluten Free Oat Flour Bio 500 g Ecosana

SKU: 467010195 EAN13: 8436012944957

## Description

Oat is a cereal that is naturally **gluten-free**. However, due to the way it is grown and processed, oats **can easily be contaminated** with cereals that do contain naturally gluten, such as **wheat, barley or rye, which make gluten intolerant people unable to take it without risk**. This is why **ECOSANA's Oat Flour** has been made from **100% organic** oat grains, through rigorous controls that guarantee the **absence of gluten** at all points in the food chain (from the crop to the final consumer). This makes our oatmeal **suitable** for all **people**, especially **celiacs**, and they can enjoy the great nutritional properties attributed to this cereal rich in **soluble fibre**, thanks to its content of **beta-glucans**. beta-glucans are a type of soluble fiber, recognized by the EFSA (*European Authority for Food Safety*), which has shown a beneficial effect to keep **blood cholesterol at normal levels**. ECOSANA Oat Flour is **rich in beta-glucans**, providing **2,5 g for every 50 g** of product. To achieve this beneficial effect, studies indicate

that it is necessary to take **3 g of beta-glucans daily**. WITH BETAGLUCANES TO CONTROL CHOLESTEROL\*

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

## Ingredients

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Gluten free **oat** flour\*

\*From Organic Agriculture.

## Directions

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Perfect substitute for any other type of flour. You can use it for your baking recipes or mix it with other more bread-making flours to create fantastic breads. It requires less cooking time than other flours. To make porridges for breakfast, cook for 15 minutes in plenty of water.

## Presentation

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Contains 500 g

## Warnings

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

Store in a cool, dry place.

## Nutrition Facts

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Per 100 g

**Energetic Value**

**Fat of which saturated**

**Quantity**

**1466 kJ / 349 kcal**

**7,09 g 1,43 g**

<b>Carbohydrates</b> of which sugars	<b>55,7 g</b> <i>1,05 g</i>
<b>Fibre</b>	<b>9,67 g</b>
of which beta-glucans	<b>1,05 g</b>
<b>Proteins</b>	<b>10,7 g</b>
<b>Salt</b>	<b>0,021 g</b>

## Allergen Information

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Shelled Nuts, Sesame, Soya,

## Certifications

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