



Buckwheat Flour Bio 500 g Ecosana

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Description

ECOSANA Bio Buckwheat Flour is obtained exclusively from organic crops. In this way, a product of the highest nutritional quality is achieved in addition to being respectful with the environment. Buckwheat is a pseudocereal, whose origin dates back to Central Asia. It stands out for its high content of slow absorption carbohydrates, which makes buckwheat present a low Glycemic Index (GI), maintaining a satiating effect for a longer time. It is also high in fibre! In addition, this pseudocereal is very versatile, since being naturally GLUTEN FREE it can be used in many recipes for celiacs. The flour can be used to make pasta and bread.

Ingredients

Buckwheat flour*

*From Organic Agriculture

Directions

Use at your convenience

Presentation

Contains 500 g

Warnings

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

Store in a cool, dry place.

Nutrition Facts

Per 100 g

Energetic Value	1435 kJ / 343 kcal
Fat	3,4 g
of which saturated	0,7 g
Carbohydrates	71,5 g
of which sugars	1,5 g
Fibre	10 g
Proteins	13,25 g
Salt	0,0025 g

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications

