



Oat Grain Bio 500 g Ecosana

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Description

Oat grains is another way to consume oats. They are whole grains, so due to their hardness they must be cooked like any other cereal. They have an excellent percentage of fibre (10%)

Ingredients

Oat grain*

*From Organic Agriculture.

Directions

Use at your convenience

Presentation

Contains 500 g

Warnings

Store in a cool, dry place.

It contains **gluten**.

May contain traces of **sesame, nuts and soya**.

Nutrition Facts

Per 100 g

Energetic Value	1503 kJ / 359 kcal
Fat	8 g
of which saturated	1,20 g
Carbohydrates	57 g
of which sugars	0 g
Fibre	10,60 g
Proteins	14 g
Salt	0,025 g

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

