



# 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

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Use at your convenience

## Presentation

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Contains 500 g

## Warnings

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Store in a cool, dry place.

It contains **gluten**.

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

## Nutrition Facts

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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

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Shelled Nuts, Gluten, Sesame, Soya,

# Certifications

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