



# Corn Flakes Bio 320 g Ecosana

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## Description

**ECOSANA Corn Flakes** come from **100% organic corn**, which ensures that it does not contain genetically modified organisms or artificial substances, such as preservatives, colourings, aromas... thus contributing to caring for the environment. Perfect for breakfast or lunch. snack, to accompany your favorite milk or yogurt. You can combine them with seeds, nuts, dried fruit, coconut ... whatever you can think of. Give them your touch! It is delicious. Although, if you want to enjoy their crunchy texture, you can eat them as a snack! Ideal for a healthy diet. Contains no added sugar or salt!

## Ingredients

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Corn flakes\* (94%), **BARLEY** malt extract\*, salt, sunflower lecithin

\*From Organic Agriculture.

## Directions

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Open and serve to your liking, soaked in vegetable milk, juice, yogurt... You can also include it in your pastry recipes.

## Presentation

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Contains 320 g

## Warnings

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Keep in a cool and dry place.

It contains **gluten**.

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

## Nutrition Facts

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Per 100 g

|   | Quantity                     |
|---|------------------------------|
| <b>Energetic Value</b>                      | <b>1588 kJ / 374 kcal</b>    |
| <b>Fat</b> <i>of which saturated</i>        | <b>1 g</b> <i>0,20 g</i>     |
| <b>Carbohydrates</b> <i>of which sugars</i> | <b>81,20 g</b> <i>2,70 g</i> |
| <b>Fibre</b>                                | <b>3,50 g</b>                |
| <b>Proteins</b>                             | <b>8,40 g</b>                |
| <b>Salt</b>                                 | <b>2 g</b>                   |

# Allergen Information

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Shelled Nuts, Gluten, Milk, Sesame, Soya,

# Certifications

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