



Puffed Wheat Bio 250 g Ecosana

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Description

ECOSANA's Organic Puffed Wheat is made from wheat grains that have been grown following **ecological** criteria: without the use of genetically modified organisms, pesticides, pesticides or chemicals of any kind. Contributing in this way to caring for the Environment. Perfect to complete your breakfasts with milk or yogurt, ECOSANA's puffed wheat flakes are rich in carbohydrates and fibre that will provide you with the necessary energy to start your day and they will help you **improve the intestinal tract**. In addition, they will provide you with **vitamins of group B and E, antioxidants and selenium and iron**. You can also create fantastic pastry recipes: nougat, cookies, bars.

Ingredients

Puffed **WHEAT***

*From Organic Farming.

Directions

Use at your convenience

Presentation

Contains 250 g

Warnings

Store in a cool, dry place.

It contains **gluten**.

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

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	1341 kJ / 316 kcal
Fat <i>of which saturated</i>	1,60 g <i>0,20 g</i>
Carbohydrates <i>of which sugars</i>	63,40 g <i>1 g</i>
Fibre	9 g
Proteins	12 g
Salt	0,019 g

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

