



Puffed Quinoa Bio 250 g Ecosana

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Description

ECOSANA's BIO Puffed Quinoa is 100% of **organic origin**, preserving all the properties of quinoa . It is a pseudocereal, which thanks to its **protein content of high biological value** (because it contains all the essential amino acids) and its richness in **fibre** and **complex carbohydrates** , it is ideal to take it for breakfast or to incorporate it together with snacks, either alone or combined with fruits, nuts... in your favorite yogurt or vegetable drink. In addition, it is **rich in B vitamins** and minerals such as **Iron, Calcium and Phosphorus**, which make it a very complete food! **No added sugars or gluten!**

Ingredients

Puffed quinoa*

*From Organic Agriculture.

Directions

Use at your convenience

Presentation

Contains 250 g

Warnings

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

Store in a cool, dry place.

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	1541 kJ / 365 kcal
Fat <i>of which saturated</i>	4,50 g <i>0,40 g</i>
Carbohydrates <i>of which sugars</i>	66 g <i>1,60 g</i>
Fibre	5 g
Proteins	12,50 g
Salt	<0,1 g

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

