



## 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

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Puffed quinoa\*

\*From Organic Agriculture.

# Directions

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Use at your convenience

# Presentation

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Contains 250 g

# Warnings

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

Store in a cool, dry place.

# Nutrition Facts

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Per 100 g

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

# Allergen Information

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Shelled Nuts, Gluten, Sesame, Soya,

# Certifications

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