



Rye Flour Bio 1 kg Ecosana

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Description

ECOSANA's Wholegrain Rye Flour Bio is obtained from the grinding of whole grains of rye, following the criteria of **organic production**, so that its cultivation and preparation has been respectful with the environment. The result is a high quality flour, with the characteristic flavour, texture and smell of rye, with more **fibre** content, which will help us improve our digestion, and a greater contribution of minerals, by preserving the rind. Thanks to its bread-making properties, **ECOSANA's Wholegrain Rye Flour Bio** is perfect for making doughs, breads, cakes, cookies... and can be used alone or mixed with other flours.

Ingredients

Wholegrain **rye** flour*

*From Ecological Agriculture.

Directions

Use at your convenience

Presentation

Contains 1 kg

Warnings

It contains **gluten**.

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

Store in a cool, dry place.

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	1462 kJ / 349 kcal
Fat <i>of which saturated</i>	1,52 g <i>0,18 g</i>
Carbohydrates <i>of which sugars</i>	75,43 g <i>1,1 g</i>
Fibre	11,8 g
Proteins	10,89 g
Salt	0,005 g

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

