



Whole Date Bio 200 g Ecosana

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Description

ECOSANA Bio dates come from **organic** farming. This means that its cultivation and harvesting has been carried out respecting the natural cycles of the date palm and without the use of pesticides, pesticides or chemicals of any kind. Thanks to their high content of natural sugars, dates are an excellent source of energy for athletes or students, who need large doses of energy to perform. This dried fruit is perfect to take as a snack at those times of the day when strength is already weak, but also to enjoy it accompanied with vegetable milk, yogurt, or use it to naturally sweeten your shakes...

Ingredients

Pitted whole date *

* From Ecological Agriculture.

Directions

Use it as you wish.

Presentation

Contains 200 g

Warnings

Store in a cool, dry place.

May contain traces of **peanuts, nuts, sesame and soyabeans**.

Nutrition Facts

Per 100 g

Ingredient	Quantity
Energetic Value	1291 kJ/305 kcal
Fat of which saturated	0,50 g 0,10 g
Carbohydrates of which sugars	69 g 63 g
Fibre	2,50 g
Proteins	7,10 g
Salt	0,09 g

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications

