



Birch Sugar 500 g Ecosana

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Description

Birch Sugar, also known as Xylitol, is a delicious substitute for sugar. Its origin is the bark of birch trees, although it can also be extracted from other plants. This sugar has a refreshing taste very similar to that of sucrose. The difference it presents with this is that it has 40% fewer calories and a Glycemic Index close to 7 (compared to 64 for sugar). In addition to its pleasant taste and low Glycemic Index, it is worth highlighting its contribution to the maintenance of mineralization of teeth.

Low Glycemic Index

The Glycemic Index shows the amount of carbohydrates that is released in a product. Products with a high Glycemic Index imply rapid absorption and a sudden change in the level of carbohydrates in the blood. However, in products with a low Glycemic Index, the release is longer, not altering excessively the blood sugar levels.

Ingredients

Ingredient

Birch sugar (Xylitol)

No colourings, no additives or preservatives

Directions

Add to sweeten juices, smoothies, coffee, vegetable drinks, etc. You can use it as a substitute for white sugar in pastry recipes since it resists cooking and baking. 1 dessert spoon = 6 grams approximately.

Presentation

Contains 500 g

Warnings

Store in a cool, dry place

Allergen-free

Additional Information

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Origin: Finland

Our Birch Sugar comes from Finland

Nutrition Facts

per 100 g

INGREDIENT	%/100 g	Quantity/100 g
Energetic Value		1000 kJ / 240 kcal
Fat	0%	0 g
of which saturated	0%	0 g
Carbohydrates	100%	100 g
of which sugars	0,2%	0,20 g
of whih polyalcohols	99,8%	99,80 g
Fibre	0%	0 g
Proteins	0%	0 g
Salt	<0,01%	<0,01 g

Allergen Information

Allergen-free

Certifications

