

## Fibre Fit Oat Flakes BIO

Art.nr:	2040
Product description:	Fibre Fit Oat Flakes BIO
EAN-code product:	5412158002617
EAN-code carton	5412158039255 (x 1) 5412158008480 (x 6) 5412158031273 (x 8) 5412158056887 (x 12) 5412158023025 (x 16)
Custom-code:	11041290
Ingredients:	oat flakes (GLUTEN)**. May contain PEANUT, NUTS and SESAME. **From controlled biological culture.
Allergens:	Contains gluten, oats. May contain traces of sesame seeds, peanuts, nuts. Does not contain butylphenyl methylpropionate, evernia furfuracea, coumarin, eggs, benzyl cinnamate, lactose, citral, corn, alpha-isomethyl ionone, benzyl salicylate, cinnamyl alcohol, rye, cocoa, benzyl benzoate, fish, pod fruits, crustaceans, amyl cinnamal, barley, eugenol, farnesol, benzyl alcohol, coriander, milk, sulphur dioxide and sulphites, lupine, wheat, anise alcohol, evernia prunastri, cinnamal, citronellol, carrots, molluscs, mustard, soybeans, celery.
Weight:	500 g
Storage:	Store in a cool, dry and dark place.
Usage:	Bring 2.5 cups of milk or water to the boil. Gently mix in 1 cup of oat flakes. Bring to the boil for 1 minute, stirring constantly. Remove from the heat and leave to rest for a few minutes. If necessary, sweeten with Damhert Tagatesse.
Dimensions:	12,0 cm W x 22,5 cm H x 6,0 cm D

Nutritional values	portie/portion
	100 g
Energy kJ	1546
Energy kcal	367
Fats	6,7 g
saturated fats	1,3 g
Carbohydrates	59,4 g
sugars	0,6 g
Food fibres	10,9 g
Protein	11,8 g
Salt	0,01 g

