

Biofood Buckwheat Flakes BIO

Art.nr:	6341
Product description:	Biofood Buckwheat Flakes BIO
EAN-code product:	5412158004987
EAN-code carton	5412158040305 (x 1) 5412158017116 (x 6) 5412158057334 (x 12)
Custom-code:	19042010
Ingredients:	buckwheat flakes**. May contain SOY, NUTS, GLUTEN and SESAME. **From controlled organic cultivation.
Allergens:	May contain traces of sesame seeds, gluten, nuts, soybeans. Does not contain eggs, wheat, sulphur dioxide and sulphites, fish, crustaceans, celery, oats, milk, mustard, lupine, lactose, molluscs, peanuts.
Weight:	500 g
Storage:	Store cool, dry and dark.
Usage:	Cook 100g buckwheat flakes in 250ml (vegetable) milk or water for about 2 minutes.
Dimensions:	11,0 cm W x 22,5 cm H x 6,0 cm D

Nutritional values	portie/portion
	100 g
Energy kJ	1513
Energy kcal	357
Fats	2,0 g
saturated fats	0,4 g
Carbohydrates	74,0 g
sugars	2,1 g
Food fibres	5,6 g
Protein	8,0 g
Salt	<0,01 g

