

Gluten Free Oat Flakes BIO

Art.nr:	1472
Product description:	Gluten Free Oat Flakes BIO
EAN-code product:	5412158022271
EAN-code carton	5412158044594 (x 1) 5412158022288 (x 6)
Custom-code:	11041290
Ingredients:	wholemeal OAT flakes*. *From controlled organic cultivation. May contain LUPIN, MUSTARD and SOY.
Allergens:	Contains oats. May contain traces of mustard, soybeans, lupine. Does not contain sesame seeds, peanuts, nuts, wheat, celery, milk, gluten, fish, lactose, crustaceans, eggs, sulphur dioxide and sulphites, molluscs.
Weight:	275 g
Storage:	Keep dry and well closed
Usage:	Bring 2,5 cups of (plant-based) milk or water to a boil. Gently mix 1 cup of the oats through the milk or water. Let it boil for 1 minute and stir constantly. Place the porridge away from the heat and let it rest for a few minutes. Try sweetening it with some Damhert Tagatesse.
Dimensions:	8,5 cm W x 22,0 cm H x 5,0 cm D

Nutritional values	portie/portion
	100 g
Energy kJ	1560
Energy kcal	370
Fats	6,7 g
saturated fats	1,1 g
Carbohydrates	60,0 g
sugars	0,8 g
Food fibres	9,7 g
Protein	13,0 g
Salt	<0,01 g

