

Økologisk Boghvedegryn

Boghvedegryn kan laves tantoft hertigt som sødt og tilbyder som pseudokorn en smuk suppleringsret i den glutenfrie, såvel som kostfiberrige fuldkornskøkken.

[Produkt](#)

Nutritional values

Unprepared per 100 g

Calorific value kj	1425 kj
Calorific value kcal	341 kcal
Fat	3.1 g
Of which saturated fatty acids	0.7 g
Carbohydrates	60.6 g
Of which sugar	2.6 g
Fibers	10 g
Protein	12.6 g
Salt	0.028 g

Allergens

Gluten-containing cereal	No
Chicken egg	No
Peanuts	No
Milk	No
Celery	No
Sesame seeds	No
Lupines	No
Crustaceans	No

Fish	No
Soy	No
Nuts	No
Mustard	No
Sulfur dioxide and sulphite	No
Molluscs	No
Cashews	No
Spelt	No
Barley	No
Oat	No
Hybrid Strains	No
Kamut	No
Macadamia	No
Almonds	No
Brazil Nuts	No
Pecans	No
Pistachios	No
Rye	No
Hazelnuts	No
Sesame	No
Walnuts	No
Wheat	No