

Økologisk blanding af fire flager

Denne Økologiske blanding af fire flager, bestående af dinkel, byg, havre og rug, kan bruges som en kilde til proteiner og kostfibre i bagværk. Den er også en god grundblanding til müsli eller bratlinger.

[Produkt](#)

Nutritional values

Unprepared per 100 g

Calorific value kj	1428 kj
Calorific value kcal	341 kcal
Fat	2.9 g
Of which saturated fatty acids	0.5 g
Carbohydrates	61.5 g
Of which sugar	1.2 g
Fibers	10.8 g
Protein	11.9 g
Salt	0.009 g

Allergens

Gluten-containing cereal	Yes
Gluten-containing cereal	No
Gluten-containing cereal	Yes
Gluten-containing cereal	No
Gluten-containing cereal	Yes
Gluten-containing cereal	No
Gluten-containing cereal	Yes
Gluten-containing cereal	No

Gluten-containing cereal	Yes
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	Yes
Spelt	No
Spelt	Yes
Spelt	No
Spelt	Yes
Spelt	No
Spelt	Yes
Spelt	No
Spelt	Yes
Horst Bode Import-Export GmbH Barley Mohnstümmel: DE154233667	Yes

Barley	No
Barley	Yes
Barley	No
Barley	Yes
Barley	No
Barley	Yes
Barley	No
Barley	Yes
Oat	Yes
Oat	No
Oat	Yes
Oat	No
Oat	Yes
Oat	No
Oat	Yes
Oat	No
Oat	Yes
Hybrid Strains	No
Kamut	No
Macadamia	No
Almonds	No
Brazil Nuts	No
Pecans	No
Pistachios	No
Rye	Yes

Rye	No
Rye	Yes
Rye	No
Rye	Yes
Rye	No
Rye	Yes
Rye	No
Rye	Yes
Hazelnuts	No
Sesame	No
Walnuts	No
Wheat	No