

Knusprig-Crunchy (havre) Økologisk

Her er der noget at knække med! Knaprige ristede havregryn med mange nøddekerner. Milde cashewkerner, knusprige paranødder, to typer mandler og udvalgte pecannødder sikrer, at denne blanding giver et andet smagsooplevelse hver gang, du tager en håndfuld. Smagen er sådan her: Rent som snack til hjemme og undervejs eller som ingrediens i müsli, frugt salad eller bowls. Denne Økologisk müsli er en sande fornøjelse for smagsløgene.

[Produkt](#)

Nutritional values

Unprepared per 100 g

Calorific value kj	1920 kj
Calorific value kj	1921 kj
Calorific value kcal	459 kcal
Fat	20.6 g
Fat	20.7 g
Of which saturated fatty acids	9.6 g
Of which saturated fatty acids	9.5 g
Carbohydrates	55.1 g
Carbohydrates	54.7 g
Of which sugar	22.4 g
Fibers	7 g
Fibers	7.2 g
Protein	9.8 g
Protein	9.9 g
Salt	0.056 g
Salt	0.055 g

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
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	Yes
Nuts	No
Horst Bode Import-Export GmbH Mönchshumme: DE154233667 Nuts	Yes

Almonds	Yes
Almonds	No
Almonds	Yes
Almonds	No
Almonds	Yes
Almonds	No
Almonds	Yes
Brazil Nuts	Yes
Brazil Nuts	No
Brazil Nuts	Yes
Brazil Nuts	No
Brazil Nuts	Yes
Brazil Nuts	No
Brazil Nuts	Yes
Brazil Nuts	No
Brazil Nuts	Yes
Brazil Nuts	No
Brazil Nuts	Yes
Brazil Nuts	No
Brazil Nuts	Yes
Brazil Nuts	No
Brazil Nuts	Yes
Pecans	Yes
Pecans	No
Pecans	Yes
Pecans	No
Horst Bode Import-Export GmbH Mohnstr. 11 40699 Solingen Germany Mohnstr. 11 40699 Solingen Germany	Yes

Pecans	No
Pecans	Yes
Pecans	No
Pecans	Yes
Pecans	No
Pecans	Yes
Pecans	No
Pecans	Yes
Pistachios	No
Rye	No
Hazelnuts	No
Sesame	No
Walnuts	No
Wheat	No