

# Økologisk helekornscornflakes

Knaprige flakes: Klassisk lavet af kogte majskernel, walset og ristet uden tilføjelse af sukker - for en intens majssmag. Gyldengul knaprig fornøjelse i mælk, yoghurt eller en plantebaseret alternative, ren eller i blandinger samt som knaprigt topping på (frugt-)salater eller bowls.

[Produkt](#)

## Nutritional values

### Unprepared per 100 g

|                                |          |
|--------------------------------|----------|
| Calorific value kj             | 1561 kj  |
| Calorific value kcal           | 373 kcal |
| Fat                            | 2 g      |
| Of which saturated fatty acids | 0.2 g    |
| Carbohydrates                  | 76 g     |
| Of which sugar                 | 1.1 g    |
| Fibers                         | 9.3 g    |
| Protein                        | 8.1 g    |
| Salt                           | 0.01 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 |