

Granola Æble & Kanel (Havre, Hvede) Økologisk 5kg

Smagfuldt ristet granola lavet af havre- og hvedeflag, vidunderligt frugtigt med knaske æblestykker. Puffet amarant og honning samt en antydning af kanel skaber en umulig at modstå frrokostoplevelse. Nydes bedst med mælk, yoghurt eller en plantebaseret alternative. Lækker også som topping på fersk frugt.

[Produkt](#)

Nutritional values

Unprepared per 100 g

Calorific value kj	1561 kj
Calorific value kj	1550 kj
Calorific value kcal	373 kcal
Calorific value kcal	370 kcal
Fat	5.4 g
Of which saturated fatty acids	1.4 g
Of which saturated fatty acids	0.9 g
Carbohydrates	67.1 g
Carbohydrates	67 g
Of which sugar	26.3 g
Of which sugar	25 g
Fibers	9.5 g
Fibers	8.7 g
Protein	9.3 g
Protein	9.1 g
Salt	0.18 g
Salt	0.17 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
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	No
Barley	No
Oat	Yes
Oat	No
Oat	Yes
Oat	No
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	No
Hazelnuts	No
Sesame	No

Walnuts	No
Wheat	Yes
Wheat	No
Wheat	Yes
Wheat	No
Wheat	Yes
Wheat	No
Wheat	Yes
Wheat	No
Wheat	Yes
Wheat	No
Wheat	Yes