

Økologisk puffedede boghveder

Omhyggeligt rensede boghveder blæses op under varme og får så en nøddeagtig smag med let ristet tone. De luftige kerner er perfekte som tilføjelse i selvlavet müsli og bjælker, men også som ren snack.

[Produkt](#)

Nutritional values

Unprepared per 100 g

Calorific value kj	1525 kj
Calorific value kj	1559 kj
Calorific value kcal	365 kcal
Calorific value kcal	373 kcal
Fat	1.7 g
Fat	1.8 g
Of which saturated fatty acids	0.3 g
Of which saturated fatty acids	0.4 g
Carbohydrates	76 g
Carbohydrates	80 g
Of which sugar	0.1 g
Of which sugar	0.6 g
Fibers	4 g
Fibers	3 g
Protein	9.3 g
Protein	7.6 g
Salt	0.1 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
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Sesame	No
Walnuts	No
Wheat	No