

Økologisk Quinoa Porridge med Chia & Vanilje

Dette porridge med en fin vaniljeagtig smag og de fordele ved quinoa, havre og chia er et opkræftende morgenmadsmåltid for gourmander og et godt grundlag for en vellykket dag.

[Produkt](#)

Nutritional values

Unprepared per 100 g

Calorific value kj	1549 kj
Calorific value kcal	370 kcal
Fat	8.2 g
Of which saturated fatty acids	1.1 g
Carbohydrates	56.5 g
Of which sugar	9.9 g
Fibers	11.4 g
Protein	11.9 g
Salt	0.015 g

Allergens

Gluten-containing cereal	Yes
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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
Horst Bode Import-Export GmbH Momsnummer: DE154233667	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	No