

Fine havregryn økologisk 2x2,5kg

Økologiske fine havregryn er et helkornprodukt, da hele kornet, inklusive kerne og ydre lag, bevares under produktionen. De er en protein kilde og rige på kostfibre. En vidunderligt alsidig ingrediens til søde og hjertevarme retter: perfekt for alle, der elsker et [fint müsli](#) eller [porridge](#), til bagværk som brød, ruller, (havre-) kager, bjælker samt til boller, burgere, supper og gratiner.

Produkt

Nutritional values

Unprepared per 100 g

Calorific value kj	1550 kj
Calorific value kcal	371 kcal
Fat	6.7 g
Of which saturated fatty acids	1.1 g
Carbohydrates	59.5 g
Of which sugar	0.8 g
Fibers	9.7 g
Protein	13.2 g
Salt	0.005 g

Allergens

Gluten-containing cereal	Yes
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Horst Bode Import-Export GmbH

Momsnummer: DE154233667

Gluten-containing cereal	Yes
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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
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Oat	Yes
Oat	No
Oat	Yes
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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