

Crunchy Nød (havre) Økologisk 5kg

En sand fornøjelse: Knaprigt bagte havregryn med eksotiske kokosrasper danner grundlaget for dette crunchy. Til dette kommer cashewkerner, ristede hasselnødestykker, mandelkerner og kokoschips. For farve og variation sørger gyldne majs- og dinkelflakes samt dybt grønne græskarkerner. Således tiltaler det alle sanser. Til morgenmad og til mellemmåltid, ren eller som topping, perfekt med mælk, yoghurt eller en plantebaseret alternative.

[Produkt](#)

Nutritional values

Unprepared per 100 g

Calorific value kj	2042 kj
Calorific value kcal	488 kcal
Fat	26 g
Of which saturated fatty acids	10.2 g
Carbohydrates	46.9 g
Of which sugar	10.4 g
Fibers	8 g
Protein	12.6 g
Salt	0.129 g

Allergens

Gluten-containing cereal	Yes
Gluten-containing cereal	No
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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	Yes
Nuts	No
Nuts	Yes
Nuts	No
Nuts	Yes
Nuts	No
Nuts	Yes
Nuts	No
Nuts	Yes
Nuts	No
Nuts	Yes
Mustard	No
Sulfur dioxide and sulphite	No
Molluscs	No
Cashews	Yes
Cashews	No
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Hybrid Strains	No
Kamut	No
Macadamia	No
Almonds	Yes
Almonds	No
Almonds	Yes
Almonds	No
Almonds	Yes
Almonds	No
Almonds	Yes
Almonds	No
Almonds	Yes
Brazil Nuts	No
Pecans	No
Pistachios	No
Rye	No
Hazelnuts	Yes
Hazelnuts	No
Hazelnuts	Yes
Hazelnuts	No
Hazelnuts	Yes
Hazelnuts	No
Hazelnuts	Yes
Hazelnuts	No
Horst Bode Import-Export GmbH Mohnstr. 11 • DE-15423 3667 Hazelnuts	Yes

Sesame	No
Walnuts	No
Wheat	No