

Økologiske dinkelhavregryn, komposterbar pose 6x500g

Dinkelhavregryn er en krydret og fiberrig alternativ til havregryn og kan bruges lige så vel til porridge, müsli eller i bagværk - en god kilde til protein og fibre.

[Produkt](#)

Nutritional values

Unprepared per 100 g

Calorific value kj	1441 kj
Calorific value kcal	345 kcal
Fat	1.7 g
Of which saturated fatty acids	0.3 g
Carbohydrates	60.3 g
Of which sugar	0.7 g
Fibers	10 g
Protein	17 g
Salt	0.01 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

Spelt	Yes
Spelt	No
Spelt	Yes
Barley	No
Oat	No
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