

Økologisk Havregryn 5kg

Havregryn er en lækker, naturligt glutenfri alternative, vidunderlig som en protein- og fiberrig grundlag for müsliblandinger, lækker som porridge-tilberedning eller i bagværk.

[Produkt](#)

Nutritional values

Unprepared per 100 g

Calorific value kj	1506 kj
Calorific value kcal	360 kcal
Fat	4 g
Of which saturated fatty acids	1 g
Carbohydrates	68 g
Of which sugar	2.1 g
Fibers	4 g
Protein	11 g
Salt	0.008 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
Hazelnuts	No
Sesame	No
Walnuts	No
Wheat	No