

# Hulled Buckwheat Bio

The light triangular buckwheat is incredibly versatile, with its mildly sweet, nutty flavour. It's perfect for fritters, stir-fries, salads, porridge, and as a easily digestible side dish. Preparation: Thoroughly rinse and cook gently with twice the amount of water for 7 minutes. Let it stand for 10-15 minutes to fluff up.

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

Calorific value kj	1447 kj
Calorific value kcal	346 kcal
Fat	1.7 g
Of which saturated fatty acids	0.4 g
Carbohydrates	71 g
Of which sugar	0.4 g
Fibers	3.7 g
Protein	9.8 g

## Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein
Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Nein
Mustard	Nein
Sulfur dioxide and sulphite	Nein

Molluscs	Nein
Cashews	Nein
Spelt	Nein
Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein