

Oat peeled organic

Designation: oat

Description: The mildly sweet oats are well suited for ground baked goods or are a wholesome breakfast in the form of porridge. As a whole grain, it is also delicious to enjoy as a roast, salad or side dish. Oats serve as a source of protein and offer high fiber content.

Preparation: Preparation: Either grind or grind for further processing or enjoy cooked, for this purpose simmer with twice the amount of water on low heat for 20-25 min. and then allow to soak for 10-15 min.

Ingridients: oats*

* from controlled organic cultivation

Raw food: No

Fairtrade: No

Gluten-free: No

Vegan: Yes

Superfood: No

Naturally gluten-free: No

Plastic-free: No

Organic: Yes

Colli/Multi package: We trade this item in various packaging units. The current packaging size is 25kg. Please refer to the order confirmation for the final packaging unit.

Value Pack: No

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1460 kj
Calorific value kcal	349 kcal
Fat	7.1 g
Of which saturated fatty acids	1.5 g
Carbohydrates	55.7 g
Of which sugar	1.1 g
Fibers	9.7 g
Protein	10.7 g
Salt	0.02 g

Allergene

Gluten-containing cereal	Ja
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	Ja
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