

# Buckwheat groats organic

**Designation:** buckwheat groats

**Description:** Buckwheat groats can be prepared savory, as well as sweet and offers as a pseudo cereal a nice addition to the gluten-free, as well as high-fiber whole food cuisine.

**Preparation:** Preparation: Per cup of buckwheat groats, add 2 - 2.5 times the amount of water, milk or broth, bring to a boil once and then allow to swell at the lowest temperature for 15-20 minutes.

**Ingridients:** buckwheat groats\*

\* from controlled organic cultivation

**Raw food:** No  
**Fairtrade:** No  
**Gluten-free:** No  
**Vegan:** Yes  
**Superfood:** No  
**Naturally gluten-free:** Yes  
**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	1425 kj
Calorific value kcal	341 kcal
Fat	3.1 g
Of which saturated fatty acids	0.7 g
Carbohydrates	60.6 g
Of which sugar	2.6 g
Fibers	10 g
Protein	12.6 g
Salt	0.028 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