

Organic millet flakes

Millet flakes are a delicious, naturally gluten-free alternative, perfect as a protein- and fibre-rich base for muesli mixes, tasty as a porridge preparation or for use in baked goods.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 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 |

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 |