

Wholegrain Rice Flakes Organic

Our hearty Organic Rice Flakes made from wholegrain rice bring variety to your baked goods and breakfast table. They are naturally gluten-free and an alternative to popular [oat flakes](#). Perfect for preparing porridge, muesli, porridge, or a quick rice pudding, as well as for further processing in baked goods.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1472 kj
Calorific value kcal	352 kcal
Fat	2.2 g
Of which saturated fatty acids	0.6 g
Carbohydrates	74.1 g
Of which sugar	0.6 g
Fibers	2.2 g
Protein	7.8 g
Salt	0.03 g

Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein
Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein

Horst Bode Import-Export GmbH

UST-IdNr.: DE154233667

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