

Crunchy Fruit (Oats) organic

[Crispy baked oat crunchy](#) with 27% colourfully mixed dried fruits, high in fibre. Enjoy in milk, yoghurt or a [plant-based alternative](#) for breakfast or as an energy boost in between, delicious also with fresh fruit.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1678 kj
Calorific value kj	1679 kj
Calorific value kcal	401 kcal
Fat	12 g
Fat	12.1 g
Of which saturated fatty acids	8.1 g
Carbohydrates	61.9 g
Carbohydrates	61.8 g
Carbohydrates	61.3 g
Of which sugar	27.3 g
Of which sugar	27.1 g
Fibers	7.7 g
Fibers	7.9 g
Fibers	8.2 g
Protein	7.5 g
Protein	7.7 g
Salt	0.059 g
Salt	0.06 g
Salt	0.138 g

Horst Bode Import-Export GmbH
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Allergene

Gluten-containing cereal	Ja
Gluten-containing cereal	Nein
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Gluten-containing cereal	Ja
Gluten-containing cereal	Nein
Gluten-containing cereal	Ja
Gluten-containing cereal	Nein
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

Oat	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