

Organic soya flakes

The soya beans are gently debittered and made edible through steam heating. Subsequently, they are rolled into flakes and mildly roasted. Soya flakes contain a high amount of valuable protein, making them an ideal supplement and enhancement to other plant-based foods. Moreover, they are rich in fibre and have a slightly nutty flavour.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1728 kj
Calorific value kcal	413 kcal
Fat	21 g
Of which saturated fatty acids	3.4 g
Carbohydrates	9 g
Of which sugar	7 g
Fibers	12 g
Protein	41 g

Allergene

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

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UST-IdNr.: DE154233667

Soy	Ja
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