

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 |
| Soy | Ja |
| Nuts | Nein |
| Mustard | Nein |
| Sulfur dioxide and sulphite | Nein |

Example Company

| | |
|----------------|------|
| 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 |