

# Organic puffed buckwheat

Carefully cleaned buckwheat is puffed under heat, giving it a nutty flavour with a slight roasted note. These airy grains are perfect as an ingredient in self-created muesli and bars, but also delightful to nibble on their own.

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

Calorific value kj	1525 kj
Calorific value kj	1559 kj
Calorific value kcal	365 kcal
Calorific value kcal	373 kcal
Fat	1.7 g
Fat	1.8 g
Of which saturated fatty acids	0.3 g
Of which saturated fatty acids	0.4 g
Carbohydrates	76 g
Carbohydrates	80 g
Of which sugar	0.1 g
Of which sugar	0.6 g
Fibers	4 g
Fibers	3 g
Protein	9.3 g
Protein	7.6 g
Salt	0.1 g
Salt	0.01 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

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Wheat

Nein