# Rice protein powder white

Designation: rice protein powder white

Description: With over 80% protein, rice protein is an excellent vegetarian and vegan protein source. Ideal for the protein shake after a workout in the gym or the induvidual sports programme. Also suitable for baking ands cooking of vegan meals

Preparation: Stir approx. 2 tbsp. rice protein into 250 ml of liquid such as juices, milk or milk alternative daily. Use a whisk or blender to avoid lumps. Ideal in protein shakes, smoothies, soups and sauces or even muesli, yoghurt and quark.

Ingridients: rice protein white\*

Raw food: No Fairtrade: No Gluten-free: No Vegan: Yes Superfood: Yes

Naturally gluten-free: Yes Plastic-free: No

Organic: Yes
Colli/Multi package: We trade this item in various packaging units. The current packaging size is 20kg. Please refer to the order

confirmation for the final packaging unit.

Value Pack: No

ECO Control Point: DE-ÖKO-003

### Zum Produkt

### Nährwerte

### Unzubereitet pro 100 g

| Calorific value kj             | 1651 kj  |
|--------------------------------|----------|
| Calorific value kcal           | 395 kcal |
| Fat                            | 2.9 g    |
| Of which saturated fatty acids | 1 g      |
| Carbohydrates                  | 7.2 g    |
| Fibers                         | 3.8 g    |
| Protein                        | 83 g     |
| Salt                           | 0.4 g    |

## Allergene

| Gluten-containing cereal | Nein |
|--------------------------|------|
| Chicken egg              | Nein |
| Peanuts                  | Nein |
| Milk                     | Nein |

<sup>\*</sup> from controlled organic cultivation

| 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 |
| Wheat                       | Nein |