

# Hulless oats organic

Our organic hulless oats grow naturally without husks, making them an excellent base for various preparations. Hulless oats can be used as a protein source and have a high fibre content. As a breakfast staple, oats are now hard to imagine life without. They make not only a great muesli and porridge, but also a fantastic freshly milled grain porridge. Finely ground, they give baked goods a nutty note, and as whole grains, they are perfect for bread, cooked as a side dish, or for patties, casseroles, and salads.

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

|                                |          |
|--------------------------------|----------|
| Calorific value kj             | 1470 kj  |
| Calorific value kj             | 1460 kj  |
| Calorific value kcal           | 351 kcal |
| Calorific value kcal           | 349 kcal |
| Fat                            | 7.1 g    |
| Of which saturated fatty acids | 1.5 g    |
| Carbohydrates                  | 56 g     |
| Carbohydrates                  | 55.7 g   |
| Of which sugar                 | 1.1 g    |
| Fibers                         | 9.7 g    |
| Protein                        | 11 g     |
| Protein                        | 10.7 g   |
| Salt                           | 0.02 g   |

## Allergene

|                          |      |
|--------------------------|------|
| 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 |
| Molluscs                    | Nein |
| Cashews                     | Nein |
| Spelt                       | Nein |
| Barley                      | 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 |