

# Organic Buckwheat flakes

Our buckwheat flakes are naturally gluten-free and sugar-free, offering a crispy delight for your breakfast. Enjoy them pure, as a topping for your favourite muesli, in yogurt, milk, plant-based alternatives or juice, and enhanced with fruits.

[Zum Produkt](#)

## Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1636 kj
Calorific value kcal	391 kcal
Fat	3.4 g
Of which saturated fatty acids	0.6 g
Carbohydrates	73 g
Of which sugar	1 g
Fibers	6.2 g
Protein	14 g
Salt	0.09 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
Wheat	Nein