

Organic Hulless Oats 6x500g

Our organic hulless oats grow naturally without husks, making them an excellent base for many preparations. Hulless oats can be used as a source of protein and have a high fiber content. As a breakfast staple, oats are now hard to imagine living without, making them a great addition not only to muesli and porridge, but also as a crushed whole grain for fresh grain porridge. Finely ground, they give baked goods a nutty note and as a whole grain, they are suitable for breads and cooked as a side dish, for patties, casseroles or salads.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1470 kj
Calorific value kj	1460 kj
Calorific value kcal	351 kcal
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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
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Horst Bode Import-Export GmbH
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Gluten-containing cereal	Nein
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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
Oat	Nein
Oat	Ja
Oat	Nein
Oat	Ja
Oat	Nein
Oat	Ja

Oat	Nein
Oat	Ja
Oat	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