

Bircher Muesli organic

Our Bircher Muesli is a fibre-rich base for your breakfast: [oat flakes](#), [seeds](#), crispy [roasted buckwheat](#) and [hazelnut pieces](#). Enjoy it with yoghurt, milk or a [plant-based alternative](#). For an authentic taste, refine it with a freshly grated apple and a dash of lemon juice.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1763 kj
Calorific value kcal	421 kcal
Fat	16.9 g
Of which saturated fatty acids	1.8 g
Carbohydrates	48 g
Of which sugar	1.3 g
Fibers	10.6 g
Protein	14 g
Salt	0.007 g

Allergene

Gluten-containing cereal	Ja
Gluten-containing cereal	Nein
Gluten-containing cereal	Ja
Gluten-containing cereal	Nein
Gluten-containing cereal	Ja
Gluten-containing cereal	Nein
Gluten-containing cereal	Ja
Gluten-containing cereal	Nein

Gluten-containing cereal	Ja
Gluten-containing cereal	Nein
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	Ja
Nuts	Nein
Nuts	Ja
Nuts	Nein
Nuts	Ja
Nuts	Nein
Nuts	Ja
Nuts	Nein
Nuts	Ja
Nuts	Nein
Nuts	Ja
Nuts	Nein
Nuts	Ja
Mustard	Nein
Horst Bode Import-Export GmbH Sulfur dioxide and sulphite USF-ID Nr.: DE154233667	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
Oat	Nein
Oat	Ja
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Ja
Horst Bode Import-Export GmbH Hazelnuts USF-ID-Nr.: DE154233667	Nein

Hazelnuts	Ja
Hazelnuts	Nein
Hazelnuts	Ja
Hazelnuts	Nein
Hazelnuts	Ja
Hazelnuts	Nein
Hazelnuts	Ja
Hazelnuts	Nein
Hazelnuts	Ja
Sesame	Nein
Walnuts	Nein
Wheat	Nein