

Millet flakes organic

Designation: millet flakes

Description: Millet flakes are a delicious, naturally gluten-free alternative, wonderful as a protein and fiber-rich basis for muesli mixtures, delicious as a porridge preparation or in baked goods usable.

Preparation: Preparation: Add to milk or water in a ratio of 1:3 and bring to a boil. Then allow to swell for 3-5 minutes while stirring.

Ingridients: millet flakes*

* from controlled organic cultivation

Raw food: No
Fairtrade: No
Gluten-free: No
Vegan: Yes
Superfood: No
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 5kg. 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	1506 kj
Calorific value kcal	360 kcal
Fat	4 g
Of which saturated fatty acids	1 g
Carbohydrates	68 g
Of which sugar	2.1 g
Fibers	4 g
Protein	11 g
Salt	0.008 g

Allergene

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

Example Company

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