

Organic Buckwheat flakes 5kg

Our buckwheat flakes are a delicious alternative to the commonly known cornflakes. Sweet with a slightly spicy-nutty note, these buckwheat flakes not only provide a good source of protein and fiber but can also be enjoyed purely or mixed in muesli. They pair beautifully with yogurt and fruits or can be used to create delightful desserts.

[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

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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