



Damhert
NUTRITION

BIOFOOD

Biofood Buckwheat BIO

Art.nr:	6902
Product description:	Biofood Buckwheat BIO
EAN-code product:	5412158004918
EAN-code carton	5412158040268 (x 1) 5412158024275 (x 6)
Custom-code:	10081000
Ingredients:	Buckwheat*. May contain traces of GLUTEN, PEANUTS, NUTS and SESAME. *From controlled organic cultivation.
Allergens:	May contain traces of gluten, nuts, sesame seeds, peanuts. Does not contain molluscs, oats, sulphur dioxide and sulphites, lupine, rye, crustaceans, eggs, soybeans, celery, lactose, mustard, milk, wheat, fish.
Content:	500 g
Storage:	Keep dry and closed after opening.
Shelf life:	24 months production date.
Usage:	Boil 100g of buckwheat flakes in 500ml of water for 15 minutes.
Dimensions:	12.5 cm W x 18.0 cm H x 4.0 cm D

Damhert Nutrition NV - Kapelstraat 154, B-3550 Heusden-Zolder
Tel +32(0)11/42 50 39 - Fax 32(0)43 31 28
www.damhert.com - info@damhert.be



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Nutritional values	portie/portion	
	100 g	0 g
Energy kJ	1440	1008
Energy kcal	343	240
Fats	3,4 g	2,4 g
Whereof saturated fats	0,7 g	0,5 g
Carbohydrates	71,5 g	50,1 g
Whereof sugars	2,0 g	1,4 g
Food fibres	10,0 g	7,0 g
Protein	13,3 g	9,3 g
Salt	<0,01 g	<0,01 g

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