



**Damhert**  
NUTRITION

# GLUTEN FREE

## Damhert Gluten Free Oat flakes BIO

Art.nr:	1472
Product description:	Damhert Gluten Free Oat flakes BIO
EAN-code product:	5412158022271
EAN-code carton	5412158044594 (x 1) 5412158022288 (x 6)
Custom-code:	11041290
Ingredients:	whole wheat oat flakes*. *From controlled organic cultivation.
Allergens:	Contains oats. Does not contain milk, mustard, nuts, peanuts, sesame seeds, gluten, soybeans, wheat, fish, lactose, lupine, molluscs, celery, crustaceans, sulphur dioxide and sulphites, eggs.
Content:	275 g
Storage:	Keep cool and dry.
Shelf life:	13 months production date.
Usage:	Bring 2.5 cups of milk or water to the boil. Gently mix 1 cup of the oats through it. Let it boil for 1 minute and stir constantly. Place the porridge away from the heat and let it rest for a few minutes. It is also possible to sweeten it with some Tagatessa from Damhert.
Dimensions:	8.0 cm W x 22.0 cm H x 6.0 cm D



Nutritional values	portie/portion	
	100 g	40 g
Energy kJ	1560	624
Energy kcal	370	148
Fats	6,7 g	2,7 g
Whereof saturated fats	1,1 g	0,4 g
Carbohydrates	59,5 g	23,8 g
Whereof sugars	0,8 g	0,3 g
Food fibres	9,7 g	3,8 g
Protein	13,2 g	5,3 g
Salt	0,01 g	<0,01 g