

Organic Crunchy Buckwheat Toasts gluten-free BIO 300 gr

EAN: 3380380047749

FABRICANTE: LE PAIN DES FLEURS



The original organic gluten-free toast from Le Pain des Fleurs. Its unpublished recipe for 100% buckwheat flour is the basis of its unique crunchy touch.

DESCRIPTION

Ingredients:

- Buckwheat flour*(97.6%).
- Whole cane sugar* (<2%).
- Sea salt.

*from organic farming.

- Magnesium source
- fiber source
- iron source
- Protein source

Use tips:

- Light and crunchy, it replaces bread at any time of the day.

Conservation:

- Store in a dry place protected from light.

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Average nutritional values per 100 g

ENERGETIC VALUE	1631 kJ / 385 kcal
FATS	2.8 g (of which 0.6 g saturated)
CARBON HYDRATES	75 g (of which sugars: 2.6 g)
DIETARY FIBER	4.4g
PROTEINS	13.0g
SALT	0.68g
MAGNESIUM	186mg
HERRIO	3.8mg

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