

Organic Buckwheat Grain 500 g

EAN: 8429215120785 FABRICANTE: NATURCID



Buckwheat (Fagopyrum esculentum) is a pseudocereal, it does not belong to the grass family (unlike wheat, rye, barley or oats). It does not contain gluten and is an excellent source of proteins and amino acids.

DESCRIPTION

High in riboflavin (vitamin B2), niacin (vitamin B3), phosphorus and magnesium.

Source of fiber, protein, iron and potassium.

Properties:

- Contributes to normal iron metabolism.
- Contributes to the protection of cells against oxidative damage.
- Contributes to the normal functioning of the nervous and immune system.
- Contributes to the normal functioning of cell membranes.
- Reduces tiredness and fatigue.
- Contributes to the maintenance and conservation of muscle mass.

Instructions for use: wash the grain with cold water. Bring to a boil with twice its volume in water. Let it cook over moderate heat for 20 minutes.

Nutritional information per 100 g

Energy	1,521 kJ ? 359 kcal
Fats	1.75g
Of which saturates	0.30g
Carbohydrates	71g
Of which sugars	0.40g
Fiber	3.70g
Proteins	13g
Salt	0.005g
Vitamins	%*VRN per 100gr



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Riboflavin (B2) 0.42mg 30%

Niacin (B3) 7.02mg 44%

Minerals

Iron 2.20mg fifteen%

Potassium 460mg 23%

Match 347mg fifty%

Magnesium 231mg 62%

*Reference Values of Nutrients.

- No allergens.
- Does not contain genetically modified organisms (Non-GMO) or irradiated.
- BPA free packaging.
- Store at room temperature, in a cool, dry place protected from light.

