

Oat flour 2 Kg Custard with Chocolate

EAN: 8436540532718 FABRICANTE: VIT.O.BEST



Oat flour from Vitobest® makes the most of the benefits of this cereal, which contains soluble fiber (helps improve intestinal transit and maintain stable blood sugar profiles) and slow-absorbing carbohydrates (provide strength and long-lasting energy to our body).

DESCRIPTION

Oat flour is an excellent **source of vitamins B and E, as well as minerals (iron, calcium, phosphorus, magnesium and iodine)**. Its consumption helps maintain the correct functioning of the central nervous system, alleviate anemia, reduce cholesterol and combat hair loss. It also promotes muscle development and contributes to improving the lipid profile of our blood.

To ensure the final quality of the product and a better use of its nutrients, Vitobest® uses **oats from the milling of hulled and enzymatically deactivated grains (100% whole and clean)** as raw material. In addition, during the production process it uses heat treatment to prevent the enzymatic development that causes the flour to go rancid.

Allergens: gluten.

Ingredients: whole oat flour (**gluten**), cocoa powder (*Theobroma cacao*), flavors: chocolate and vanilla, sodium chloride and sweetener: sucralose.

Composition per 50 g

Whole grain oat flour 46.03 g

Nutritional Information per 50 g per 100 g



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|----------------------|-----------------|-----------------|
| Energy value | 755 kJ | 1510 kJ |
| | 180 kcal | 361 kcal |
| Fats | 2.9 g | 5.9 g |
| of which saturated | 0.7 g | 1.4 g |
| Carbohydrates | 30 g | 61 g |
| of which sugars | 0.7 g | 1.5 g |
| Proteins | 6.2 g | 12.5 g |
| Salt | 0.27 g | 0.53 g |

Instructions for use: Take 50 g of product (1 and a half scoops) mixed in a shaker with 250 ml of water.

