



Damhert
NUTRITION

GLUTEN FREE

Gluten Free Oat Flakes Lactose Free BIO

Art.nr:	1472
Product description:	Gluten Free Oat Flakes Lactose Free 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 crustaceans, nuts, lupine, soybeans, milk, eggs, fish, sesame seeds, wheat, sulphur dioxide and sulphites, gluten, molluscs, peanuts, mustard, celery, lactose.
Weight:	275 g
Storage:	Keep dry and well closed
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 Tagatasse from Damhert.
Dimensions:	8,5 cm W x 22,0 cm H x 5,0 cm D

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	portie/portion	
	100 g	40 g
Energy kJ	1560	624
Energy kcal	370	148
Fats	6,7 g	2,7 g
saturated fats	1,1 g	0,4 g
Carbohydrates	59,5 g	23,8 g
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



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