Grano Saraceno

biologico in chicchi Cereale naturalmente senza glutine



Grano Saraceno (buckwheat) is a herbaceous plant originally from Asia, belonging to the Poligonaceae family.
Nutritional properties:
Buckwheat is rich in magnesium, useful for the nervous and muscular system and is a source of iron, protein, fibre and contains rutin, that aids in maintaining the wellness and elasticity of blood vessels. Particularly appropriate during the cold months of the year, it is ideal for sports enthusiasts, vegetarians, women during pregnancy or breast feeding, and in general to combat physical fatigue.

- rich in magnesium
- source of fibre
- extremely low salt content
- contains flavonoids, among which rutin for the wellness of blood vessels
- great to prepare soups, vegetable and meat pies and salads

Senza Uova

Senza Latte

Senza Amido di Frumento

Ingredient
grano saraceno decorticato* *= ingrediente biologico

Characteristics	Value per 100 g
Energy kj	1445
Energy kcal	341
Fat	2,8
- of which — Saturated Fat	0,6
Carbohydrate	64,0
- of which — Sugars	1,2
Fibre	4,0
Protein	13,0
Salt	0,01