Miglio

Cereale senza glutine



Miglio (Millet) is a herbaceous plant belonging to the Graminaceae family.
Nutritional properties:
Millet is a source of protein and mineral salts like iron and magnesium. Due to its high content of salicylic acid, it can be considered a true beauty product for skin, hair, nails and tooth enamel. Its high lecithin and kaolin content makes it appropriate for sedentary people, intellectuals, convalescents and during pregnancy. It is highly digestible and recommended also for weaning.

- Source of magnesium
- iron, phosphorous
- contributes to the beauty of hair and nails thanks to its amino acids and mineral salts
- ideal for weaning
- highly digestible
- great to prepare soups, vegetable and meat pies, croquettes, fillings and soft desserts

Senza Uova

Senza Latte

Senza Amido di Frumento

Ingredient
decorticated millet*. *= organic ingredient

Characteristics	Value per 100 g
Energy kj	1530
Energy kcal	361
Fat	2,8
- of which — Saturated Fat	0,5
Carbohydrate	71
- of which — Sugars	0,6
Fibre	2,4
Protein	11,3
Salt	0,02