Ingredients

Roasted buckwheat groats 100%. Country of origin: Lithuania, EU.

Allergens

Contains: no allergens declared by the manufacturer.

Nutritional information	Per 100 g
Energy	1464 kJ / 346 kcal
Fat	2,9 g
of which saturates	0,6 g
Carbohydrate	63 g
of which sugars	0,6 g
Fibre	9,3 g
Protein	13 g
Salt	0 g