

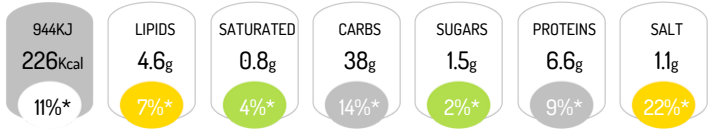
Pão Integral com Aveia

Ingredients

water(41%), Flour, wheat, whole(21%) (GLUTEN), Oat flakes(21%) (AVEIA), (17%) (GLUTEN), Olive oil(2%), Yeast, baker's compressed(2%), Salt(1%).

Nutricional Declaration (Per 100g)

Energy: 226 Kcal /944 KJ
Lipids: 4.6 g
Carbohydrates: 38 g
Proteins: 6.6 g
Fiber: 3.9 g
of which Saturated: 0.8 g
of which Sugars: 1.5 g
Salt: 1.1 g



*Reference intake of an average adult (8400 kj / 2000 kcal)

Allergens



Contains: Gluten
Can contain traces of Eggs, Peanuts, Soybeans, Milk, Nuts, Sesame Seeds, Lupin

Product Characteristics

Commercial Name: Pão Integral com Aveia