

item 410255	Oats, small leaf		
size 5,00 x 750,00 G	ID BIO	certification body KIWA BCS ÖKOGARANTIE	
country of origin: DE	customs origin: DE		
EAN carton 4006040605058	EAN piece 4006040605065		
gross weight 4,200 KG	tare weight gross	0,766 KG	
net weight 3,750 KG	tare weight net	0,750 KG	
carton size in CM	unit size in CM		
L:39,00 W:14,00 H: 27,00	L:9,00	W:14,00	H:24,00
layer/ pallet			
L:16 P:96			

additional product data

product group: secondary placement :
 replacement for:
 available from:
 languages on the label: DE/IT/FR/EN/RO
 country of origin: DE
 customs tariff code: 11041290

pallet weight (loading device included) 423,200 KG unit weight of packaging 0,016 KG
 pallet height (loading device included) 176,400 CM unit weight of packaging 0,370 KG

INGREDIENTS

OATS* small leaf,
 * = organic cultivation ** = biodynamic cultivation

shelf life (wholesaler): 210 Days

allergen information (you find the current data on www.rapunzel.de)

this product contains as an **ingredient** with allergen potential:

Oat flakes

may production related contain **traces** of the following allergen ingredients:

Soy, Milk products, Nuts, Sesame

nutritional regimen information vegan: yes no raw food: yes no

Production

Oat grains are cleaned, cut into small pieces, steamed and processed to flakes.

Product Information

Oats are real power grains because they are a valuable source of protein and rich in dietary fibers. Since the whole grain is processed into flakes, all the nutrients from the germ and the outer layers are preserved. These oat flakes are therefore 100% whole grain. They are also used in the original Rapunzel mueslis. We use only domestic cereal flakes in best organic quality. Flakes can be used to quickly and easily prepare many delicious meals.

Usage

Ideal for all do-it-yourself enthusiasts. Delicious in sweet as well as savory dishes: in muesli, porridge, bread. Muffins, cookies, cereal bars and desserts. Hearty patties, burgers, soups, casseroles, toppings and much more.

Particularities

cultivated in Europe

Packaging

PE-PET-Foil

Storage

Store in a cool and dry place.

Recipe

Enjoy with cold milk or a vegetable substitute for milk. Add to your muesli or make a warm porridge with milk, water or vegetable drink: bring to a boil, simmer stirring continuously until it thickens and let stand a few minutes. Oats are also ideal for baking and cooking.

Legal product designation

Whole grain oat flakes

nutritional features

nutritional features (per 100g) naturally varying!

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per:	100g
Energy value kJ/kcal:	1566/372
Fat:	7,00 g
Of which saturated fatty acids:	1,30 g
Carbohydrates:	58,70 g
Of which sugars:	0,70 g
Fibres:	10,00 g
Protein:	13,50 g

NOTES