

Blevit Wheat

My first gluten cereal



AVERAGE ANALYSIS

Average composition		Per 100 g	Per serving 50 g
Energy Value	kJ kcal	1685 399	844 200
Proteins	g	13,6	6,8
Carbohydrates	g	67	33,5
of which sugars	g	32	16
of which added sugars	g	9,6	4,8
Fat	g	7,5	3,8
of which saturated	g	1	0,5
of which monounsaturated	g	5,4	2,7
of which polyunsaturated	g	1,1	0,6
<i>trans fatty acids</i>	g	0	0
Cholesterol	mg	3	1,5
Fiber	g	4,6	2,3

Minerals

Sodium	mg	120	60
Calcium	mg	450	225
Iron	mg	6,6	3,3
Zinc	mg	5,6	2,8

Vitamins

Vitamin A	µg	370	185
Vitamin D	µg	7,5	3,8
Vitamin E	mg	4	2
Vitamin B ₁	µg	800	400
Vitamin B ₂	µg	450	225
Vitamin B ₆	µg	600	300
Vitamin B ₁₂	µg	0,7	0,4
Vitamin C	mg	40	20
Folic acid	µg	48	24
Pantothenic acid	mg	2,3	1,2
Niacin	mg	6	3
Biotin	µg	24	12