

Product

Name	Organic Gluten Free Buckwheat Unroasted
Description	Just Natural Organic Gluten Free Buckwheat is carefully selected from only the best producers around the world. Buckwheat is often at risk of cross contamination with gluten as they are frequently processed in the same facilities as gluten containing products. Our Gluten Free Buckwheat comes from producers who use dedicated gluten free processing lines and gluten testing at a number of steps during their production to ensure our product is below 20PPM Gluten content. We are certified by Coeliac UK and our processes are audited annually to ensure we are producing a safe product for those who are allergic or intolerant to gluten. Great for a gluten free oatmeal alternative.
Code	JGF4
Barcode	5060338038910
Country of Origin*	China
*Country of origin may vary from time to time and the origin stated in this document is not guaranteed.	

Packaging

Net Content	500g
Packaging Type*	Home Compostable Packaging (Certified)
*Packaging type may vary from time to time and the type stated in this document is not guaranteed.	

Shelf Life

Maximum Shelf Life	12 Months
Storage Conditions	Ambient (15°C - 20°C)

Ingredients	Organic Gluten Free Buckwheat
Allergens	For allergens including cereals containing gluten, see ingredients in BOLD .

Nutritional Values per 100g

Energy	1,513KJ (362 kcal)
Fat	1.7g
Of Which Saturates	0.3g
Carbohydrates	75.9g
Of Which Sugars	0.1g
Fibre	4.0g
Protein	9.3g
Salt	0.0g

Certifications	Organic (Soil Association), Vegan Society, Coeliac Cross Grain
Serving Requirements	For 2 servings, place 100g of Buckwheat into a saucepan with 500ml of fresh water. Bring to the boil, cover with lid and reduce heat. Simmer for approx. 20 mins or until cooked and tender.