

Dobrodiya

KASZA

gryczana



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gryczana

buckwheat

porridge base

natural vegetables,
fruits, meat

5 unique
tastes

60 g

big portion

well-balanced
servings

3-5 min
quick cooking



60 g is an increased portion of porridge for more than 200 g of the ready-to-eat product.

This is an impressive portion of lunch for an adult to get satiated and feel good during a long day.

Porridges have a base of buckwheat flakes, which has great benefits and healthy features.

Buckwheat is very satisfying, reduces the feeling of being hungry for a long period of time and can reduce the total number of calories a person consumes during the day.

A source of nutrients

Buckwheat is the richest source of B vitamins, which have a positive effect on the circulatory, nervous systems and immunity.

Improves heart function

Buckwheat helps to stabilize blood pressure and decrease cholesterol levels, which is important for maintaining heart health to reduce the risk of heart disease.

Improves digestion

Buckwheat is rich in fiber, which improves bowel function and helps food move through the digestive tract.



Instant buckwheat porridge with truffle and cheese flavor

Ingredients: buckwheat flakes, dried diced common mushrooms, "Truffles with Cheese" flavor and aroma mixture, diced dried carrots, dried green onion.

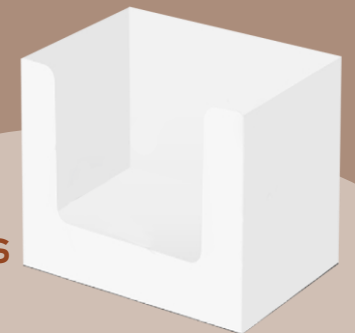
Nutrition information per 100 g

Energy	1484 kJ / 354 kcal
Fat	2,7 g
of which saturates	0,5 g
Carbohydrate	64 g
of which sugars	1,3 g
Fibre	10 g
Protein	12 g
Salt	1,5 g



Barcode 4820182204906

Net Weight 0,060 kg



x 26 pcs

Barcode 4820182205118

Net Weight 1,560 kg



Instant buckwheat porridge with Mozzarella cheese

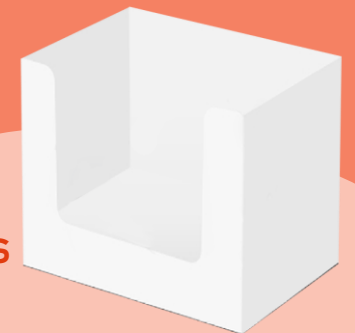
Ingredients: buckwheat flakes, freeze-dried Mozzarella cheese powder, all-purpose seasoning "15 vegetables and spices", dried diced tomatoes, dried diced carrots.

Nutrition information per 100 g

Energy	1528 kJ / 363 kcal
Fat	5,0 g
of which saturates	2,3 g
Carbohydrate	61 g
of which sugars	2,7 g
Fibre	9,3 g
Protein	13 g
Salt	2,4 g

Barcode 4820182204913

Net Weight 0,060 kg



x 26 pcs

Barcode 4820182205125

Net Weight 1,560 kg



Instant buckwheat porridge with chicken

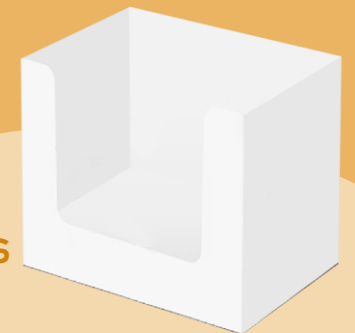
Ingredients: buckwheat flakes, fried onions, dried chicken meat, all-purpose seasoning "15 vegetables and spices", dried diced carrots.

Nutrition information per 100 g

Energy	1532 kJ / 364 kcal
Fat	4,4 g
of which saturates	1,4 g
Carbohydrate	63 g
of which sugars	2,1 g
Fibre	9,4 g
Protein	13 g
Salt	2,2 g

Barcode 4820182204890

Net Weight 0,060 kg



x 26 pcs

Barcode 4820182205101

Net Weight 1,560 kg



Instant multigrain porridge with Parmental cheese and Italian herbs

Ingredients: a mixture of flakes in a variable proportion (barley, wheat, oat), buckwheat flakes, freeze-dried Parmental cheese powder, all-purpose seasoning "15 vegetables and spices", dried diced carrots, "Italian Herbs" mixture of spices.



Nutrition information per 100 g

Energy	1517 kJ / 361 kcal
Fat	3,6 g
of which saturates	1,9 g
Carbohydrate	66 g
of which sugars	1,9 g
Fibre	6,8 g
Protein	12 g
Salt	2,5 g

Barcode 4820182204883

Net Weight 0,060 kg



x 26 pcs

Barcode 4820182205095

Net Weight 1,560 kg



Instant buckwheat porridge with milk, apple and carrot

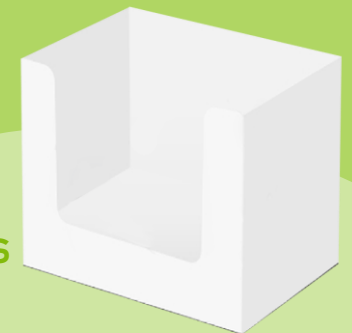
Ingredients: buckwheat flakes, sugar, whole milk powder, dried diced apple, dried diced carrots, table salt.

Nutrition information per 100 g

Energy	1535 kJ / 366 kcal
Fat	3,4 g
of which saturates	1,4 g
Carbohydrate	69 g
of which sugars	22 g
Fibre	8,4 g
Protein	11 g
Salt	1,0 g

Barcode 4820182204920

Net Weight 0,060 kg



x 26 pcs

Barcode 4820182205132

Net Weight 1,560 kg



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