

ANDECHSER NATUR



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Mild low-fat organic kefir* lemon with 1.5% fat
in milk content.

Other than yogurt and other sour milk
products ANDECHSER NATUR organic kefir
is produced from a complex culture of yeast,
lactic acid bacteria and pasteurized, low-fat
organic cow milk. With fermentation the kefir
acquires its typical, slightly aromatic,
refreshing flavor during a prolonged
fermentation period.

Characteristics

- fruity, creamy kefir pleasure with 1.5%
fat
- produced with special kefir cultures
- traceable to the organic farmer

Ingredients

Low-fat mild **KEFIR***, beet sugar*, 6% lemon
juice* made of lemon juice concentrate*,
orange juice* made of orange juice
concentrate*, native corn starch*, 1% lemon
peel*, thickening agent: locust bean gum*. *of
controlled organic farming





Average nutrient content per 100g

| | |
|---------------|------------------|
| Energy | 301 kJ / 71 kcal |
|---------------|------------------|

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|------------|-------|
| Fat | 1,3 g |
|------------|-------|

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|-------------------------------|-------|
| thereof saturated fatty acids | 0,8 g |
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|---------------------|--------|
| Carbohydrate | 12,0 g |
|---------------------|--------|

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|---------------|--------|
| thereof sugar | 11,3 g |
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|----------------|-------|
| Protein | 2,8 g |
|----------------|-------|

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|-------------|--------|
| Salt | 0,10 g |
|-------------|--------|



Allergy information

| Potentially allergenic food | contain according to recipe | Used in production possibly as a track included in the product |
|---|-----------------------------|--|
| Eggs (protein, yolk) and products thereof | — | — |
| Peanuts and products thereof | — | — |
| fish and products thereof | — | — |
| Cereals containing gluten (wheat [wheat starch, wheat flour, protein, durum wheat semolina], rye, barley, oat, spelt) and products thereof | — | — |
| Shellfishes and products thereof | — | — |
| Lactose Explanation: <0,1g/ 100g | ✓ | ✓ |
| Lupine and products thereof | — | — |
| Milk and dairy produce | ✓ | ✓ |
| Shell fruits (almond, hazelnut, walnut, chaew nut, pecan, Brazil nut, Pistachio nut, Macadamia nut and Queensland nut) and products thereof | — | — |
| Sulfur dioxide and sulfite at concentrations higher than 10 | — | — |

mg / kg or 10 mg / l, expressed as
SO₂

| | | |
|---|---|---|
| Celery and products thereof | - | - |
| mustard and products thereof | - | - |
| sesame and products thereof | - | - |
| Soya and products thereof | - | - |
| Molluscs and products thereof | - | - |