low-fat organic kefir mild with 1.5% fat 500g

- ✔ **Contains seven active and living cultures**
- ✔ **Is rich in protein which contributes to strengthening your muscle mass**
- ✔ **Contains calcium which preserves the normal bone strength**



Known as the "drink of the 100-year-olds" the ANDECHSER NATUR mild organic kefir is a refreshing thirst quencher. It contains all valuable ingredients of milk at only 1.5% fat. During a careful long-term fermentation with special cultures the organic kefir gets its characteristic, slightly aromatic flavor.

Low-fat organic kefir mild with 1.5% fat

Bioland

Average nutrient content per 100g

Energy	178 kJ / 42 kcal
Fat	1,5 g
thereof saturated fatty acids	1,0 g
Carbohydrate	3,8 g
thereof sugar	3,8 g (natürlicher Milchzucker)
Protein	3,4 g
Salt	0,16 g (natürliche Salze der Milch)

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	—	—
Molluscans and products thereof	—	—