

ANDECHSER NATUR

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



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 recipeUsed 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

—

—