

## Organic Hulled Buckwheat



Organic hulled buckwheat is high-quality buckwheat kernels. Organic shelled buckwheat is not actually a grain, but fruit seeds associated with rhubarb. Therefore, it is not only suitable for the nutritional choices of people sensitive to wheat or gluten, but also to people who limit their cereal intake.

Buckwheat has a low gluten content, and the main protein is globulin. Buckwheat contains high levels of lysine and low levels of methionine. The amino acid pattern can be complementary to major grains (such as wheat, corn, and rice with low lysine content). The carbohydrates of buckwheat are mainly starch. Because the particles are relatively small, they are easier to cook, easier to digest, and easier to process than other cereals. Buckwheat is rich in dietary fiber, and its content is 10 times that of refined rice. Buckwheat also contains trace elements such as iron, manganese, and zinc. B vitamins, vitamin E, chromium, phosphorus, calcium, iron, lysine, amino acids, fatty acids, linoleic acid, nicotinic acid, nicotinic acid, rutin, etc. Buckwheat is not only comprehensive in nutrition, but also rich in highly active medicinal ingredients such as bioflavonoids, polypeptides, sugar alcohols, and D-chiro inositol.

It has the functions of reducing sugar, lipids, cholesterol, antioxidants, anti-aging, and free radicals.  
Features.

## Packing

