

**BUCKWHEAT** 4 portions**INGREDIENTS**

- 1 cup of buckwheat (170 g)
- 5 grams of salt
- 500 grams of water

COOKING METHOD

1. Bring 2 cups of water to boiling in casserole, add salt and 1 cup of buckwheat. Cover and lower the heat. Boil for 20 minutes or till ready.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (169 g)	% DRI
ENERGY	86 kcal	146 kcal	7 %
FAT	1 g	1 g	2 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	2 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	296 mg	499 mg	21 %
CARBOHYDRATE	18 g	30 g	10 %
SUGARS	0 g	0 g	–
FIBER	3 g	4 g	17 %
PROTEIN	3 g	6 g	–