

Spread with bear´s garlic

Designation: vegan spread from sunflower seeds with bear's garlic

Description: Veganer Bio Brotaufstrich aus Sonnenblumenkernen und Bärlauch.

Preparation: Organic spread for bread and rolls, but also for refining many (salad) sauces, rice, pasta and pan-fried dishes. Let your creativity run wild and give your usual dishes a whole new flavour.

Ingredients: water, sunflower seeds* 20%, sunflower oil*, parsnips*, lemon juice from lemon juice bear's garlic* 8%, onions*, olive oil*, salt, potato starch*

* from controlled organic cultivation

Raw food: No
Fairtrade: No
Gluten-free: Yes
Vegan: Yes
Superfood: No
Naturally gluten-free: No
Plastic-free: No
Organic: Yes
Value Pack: No

ECO Control Point: DE-ÖKO-024

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1309 kj
Calorific value kcal	313 kcal
Fat	30 g
Of which saturated fatty acids	2.8 g
Carbohydrates	4.5 g
Of which sugar	2.2 g
Fibers	2.6 g
Protein	4.9 g
Salt	1.5 g

Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein
Milk	Nein

Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Nein
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein
Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein