

Organic Amaranth

As an ancient grain, organic Amaranth enriched the cuisine of the Mayans and Incas as an important food source. This pseudocereal is naturally gluten-free. Amaranth has a nutty aroma, is a good source of protein and is rich in fibre. It is versatile and widely used in vegetarian and vegan cuisine as a side dish for vegetable and meat dishes, for fillings, soups, casseroles, pan dishes or salads. It is also a delight in a warm breakfast meal, prepared with a [creamy plant-based alternative](#), [fruits](#) and [nuts](#). You can also get fluffy [puffed Amaranth](#) from us in the shop.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1528 kj
Calorific value kcal	365 kcal
Fat	7 g
Of which saturated fatty acids	1.5 g
Carbohydrates	58.6 g
Of which sugar	1.7 g
Fibers	6.7 g
Protein	13.6 g
Salt	0.013 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