

Amaranth organic

Designation: amaranth

Description: As an ancient grain, organic amaranth already enriched the cuisine of the Mayas and Incas as an important food. The pseudo-cereal is naturally gluten-free. Amaranth has a nutty flavour, is a good source of protein and is rich in fibre. It is not only versatile in vegetarian and vegan cuisine as a side dish to vegetable and meat dishes, for fillings, soups, casseroles, stir-fries or salads. It is also delicious in a hot breakfast meal, prepared with a creamy plant-based alternative, fruit and nut kernels.

Preparation: Cook 1 cup of amaranth in 2 cups of salted water or vegetable stock for approx. 25 minutes over a low heat. Then leave to swell for 5 minutes. Can be used in a variety of ways: as a side dish, for fillings, soups, casseroles, salads, stir-fries and much more.

Ingridients: amaranth*

* from controlled organic cultivation

Raw food: No
Fairtrade: No
Gluten-free: No
Vegan: Yes
Superfood: No
Naturally gluten-free: Yes
Plastic-free: No
Organic: Yes
Colli/Multi package: We trade this item in various packaging units. The current packaging size is 25kg. Please refer to the order confirmation for the final packaging unit.
Value Pack: No

ECO Control Point: DE-ÖKO-003

[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 Example Company	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