

# Amaranth puffs organic

**Designation:** amaranth puffed

**Description:** The fluffy puffed pseudo cereal with a slightly toasted flavour is a source of protein and rich in fibre. As an ingredient in muesli and porridge mixtures, it brings a change to the breakfast table. Also very suitable for baked goods and muesli bars.

**Ingridients:** amaranth puffed\*

\* 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 15kg. 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	1551 kj
Calorific value kcal	371 kcal
Fat	4.9 g
Of which saturated fatty acids	1.5 g
Carbohydrates	65.1 g
Of which sugar	1.1 g
Fibers	8.3 g
Protein	12.4 g
Salt	0.01 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