

Peeled, unroasted organic hemp seeds

Hemp is one of the oldest cultivated plants, a natural superfood and a current trend. Organic hemp seeds have a delicate nutty flavour, contain a lot of protein and are rich in polyunsaturated fatty acids, especially Omega-3. Whether in savoury dishes such as salads and soups, in sweet dishes such as [muesli](#) and porridge or as an ingredient in bars, energy balls and baked goods - hemp seeds are versatile and give every dish a nutrient boost. They can also be processed excellently in smoothies or provide an extra portion of valuable fats and proteins as a topping. Why is hemp so well suited for organic farming? Hemp is an ideal catch crop because it is an undemanding and robust plant that both suppresses weed growth and draws water from deeper soil layers with its long roots.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	2479 kj
Calorific value kcal	592 kcal
Fat	48.8 g
Of which saturated fatty acids	4.6 g
Carbohydrates	4.7 g
Of which sugar	1.5 g
Fibers	4 g
Protein	31.6 g
Salt	0.013 g

Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein
Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein

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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