

Unshelled, unroasted organic hemp seeds

Hemp is the oldest cultivated and trendy plant. The seeds have a delicate, nutty flavour and are packed with nutrients. They are high in protein and rich in polyunsaturated fatty acids, particularly Omega-3. This edible hemp has no psychoactive effects and must not be used for cultivation.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1902 kj
Calorific value kcal	455 kcal
Fat	31.9 g
Of which saturated fatty acids	3.1 g
Carbohydrates	3.3 g
Of which sugar	2.8 g
Fibers	34 g
Protein	21.6 g
Salt	0.02 g

Allergene

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

Horst Bode Import-Export GmbH

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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