

# Poppy seed blue organic

**Designation:** poppy seed

**Description:** Organic blue poppy is a small-grained, blue-black, round seed. Blue poppy seeds are rich in protein and a source of fibre. The seeds have a nutty, sweet flavour. The seeds have a nutty-sweet flavour. For bread, rolls and sweet baked goods such as poppy seed cakes and pastries.

**Preparation:** For the preparation of bread, rolls, pastries and desserts.

**Ingridients:** poppy seed\*

\* from controlled organic cultivation

**Raw food:** No  
**Fairtrade:** No  
**Gluten-free:** No  
**Vegan:** Yes  
**Superfood:** No  
**Naturally gluten-free:** No  
**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	2175 kj
Calorific value kcal	520 kcal
Fat	41.6 g
Of which saturated fatty acids	4.5 g
Carbohydrates	8.6 g
Of which sugar	3 g
Fibers	19.5 g
Protein	18 g
Salt	0.07 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