

# Chia seeds black organic

**Designation:** chia seeds black (Salvia hispanica L.)

**Description:** Chia is an annual, herbaceous summer plant from the labiate family with the botanical name Salvia hispanica L. Originally from Mexico, it is now cultivated in many Latin American countries and also in Africa. The small chia seeds are black to grey and have an exceptionally high swelling capacity. The superfood is a good source of protein and has a high fibre content. Chia seeds are an ideal ingredient for baked goods, breakfast cereals, toppings for sweet and savoury dishes and creative dessert compositions.

**Preparation:** Chia seeds are suitable as an ingredient or topping for a variety of baked goods such as bread, rolls, crispbread or crackers. They can also be used in muesli, smoothies, salads, casseroles and soups or pressed into oil. They are also delicious as a chia pudding in milk, yoghurt or a plant-based alternative in combination with fresh fruit or compote.

**Ingridients:** chia seeds\* ( Salvia hispanica L.)

\* from controlled organic cultivation

**Raw food:** No  
**Fairtrade:** No  
**Gluten-free:** No  
**Vegan:** Yes  
**Superfood:** Yes  
**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	1849 kj
Calorific value kcal	442 kcal
Fat	30.7 g
Of which saturated fatty acids	3.3 g
Carbohydrates	7.7 g
Fibers	34.4 g
Protein	16.5 g
Salt	0.04 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