

Organic golden yellow flax seeds from Europe

Organically grown flax seeds from Europe, with oval, flat, golden yellow seeds and a slightly shiny surface. They have a slightly nutty taste, a high fibre content, and are a source of protein. Flax seeds are an essential ingredient for a variety of bread and roll specialities, mueslis, smoothies, as a topping for muesli and salads, and for all You can also find organic brown flax seeds from Europe in our shop.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	2151 kj
Calorific value kcal	514 kcal
Fat	42.2 g
Of which saturated fatty acids	3.7 g
Carbohydrates	1.6 g
Of which sugar	1.6 g
Fibers	27.3 g
Protein	18.3 g
Salt	0.075 g

Allergene

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

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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