

Organic European Bakery Sunflower Seeds

European organic sunflower seeds of bakery quality are harvested ripe and shelled. The oval, rounded, white-grey kernels have a slightly nutty flavour and a crunchy consistency. The oilseed is a source of protein and fibre. Sunflower seeds are ideal for bread, rolls and pastries, but also as an ingredient in breakfast cereals or as a snack in between meals. Gently roasted, they enhance salads and give sweet and savoury dishes a crispy note. You can find more seeds for your products here.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	2550 kj
Calorific value kcal	610 kcal
Fat	51.5 g
Of which saturated fatty acids	4.5 g
Carbohydrates	11.4 g
Of which sugar	2.6 g
Fibers	8.6 g
Protein	20.8 g
Salt	0.022 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