

Organic European Sunflower Seeds Confectionary

European organic sunflower seeds of confectionary quality are harvested ripe and shelled. The oval, rather elongated, crunchy kernels are white-grey and have a slightly nutty flavour. The oilseed is a source of protein and fibre. Sunflower seeds are versatile in use. Sunflower seeds are excellent as an ingredient for bread and rolls and give baked goods a pleasant texture and an additional flavour. Pure or finely roasted, they provide a crispy bite in muesli and bring variety to breakfast. In the creative kitchen, sunflower seeds can be used in both sweet and savoury dishes. They are a great ingredient for salads, casseroles or even desserts and give each dish a special touch.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	2548 kj
Calorific value kcal	609 kcal
Fat	51.46 g
Of which saturated fatty acids	4.5 g
Carbohydrates	11.4 g
Of which sugar	2.62 g
Fibers	8.6 g
Protein	20.78 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