

## Organic brown flaxseed from Europe

Organic linseed grown in Europe, with oval, flat, medium brown seeds with a slightly shiny surface. They have a slightly nutty flavour, a high fibre content and are a source of protein. Linseeds are an indispensable ingredient for a variety of bread and bread roll specialities, mueslis, smoothies, as a topping for muesli and salads and for all creations that need an extra portion of fibre. Did you know that flax is one of the oldest cultivated plants and that it is not only the seeds that are used as food or for oil extraction? Flax fibres are also in great demand, for example for the production of linen fabrics or ropes.

[Zum Produkt](#)

### Nährwerte

#### Unzubereitet pro 100 g

Calorific value kj	1920 kj
Calorific value kcal	459 kcal
Fat	30.9 g
Of which saturated fatty acids	3 g
Carbohydrates	6.4 g
Of which sugar	0.4 g
Fibers	38.6 g
Protein	19.5 g
Salt	0.015 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