

# Linseed brown organic

**Designation:** linseed brown

**Description:** 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.

**Preparation:** European organic linseed is ideal for use in bread, rolls, crispbread, crackers, muesli, porridge and crunchies. When finely ground, it can also be used as an egg substitute in vegan baking.

**Ingridients:** linseed brown\*

\* from controlled organic cultivation

**Raw food:** No  
**Fairtrade:** No  
**Gluten-free:** No  
**Vegan:** Yes  
**Superfood:** No  
**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             | 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 |