

Light organic psyllium husks (India)

Whole, dried psyllium husks from India. These small, oval seeds of the plantain plant are light brown in colour. They have a neutral taste and smell, and are very high in fibre. Psyllium husks have a high swelling capacity and should therefore be consumed with plenty of liquid or soaked in liquid before consumption. They are therefore ideal as an ingredient for muesli, porridge or smoothies, but also for baked goods such as bread, rolls or muesli bars. You can also find [Organic psyllium husks](#) and [ground organic psyllium husks](#) in our shop.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	792 kj
Calorific value kj	780 kj
Calorific value kcal	189 kcal
Calorific value kcal	187 kcal
Fat	0.6 g
Fat	0.5 g
Of which saturated fatty acids	0.1 g
Carbohydrates	1.7 g
Carbohydrates	4 g
Of which sugar	0.6 g
Of which sugar	0.5 g
Fibers	83.7 g
Fibers	78 g
Protein	2.4 g
Protein	2.5 g
Salt	0.02 g
Salt	0.33 g

Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein
Example Company	

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