

Organic ground psyllium husks

The husks of psyllium are rich in fibre (85g/100g) and have a high swelling capacity. Therefore, it is important to consume them with plenty of liquid. They are almost tasteless and complement muesli, toppings, smoothies and baked goods.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	849 kj
Calorific value kcal	203 kcal
Fat	1 g
Of which saturated fatty acids	0.1 g
Carbohydrates	3.6 g
Of which sugar	0.5 g
Fibers	82 g
Protein	3.9 g
Salt	0.28 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