

# Linseed (flax seed) brown

**Designation:** linseed brown

**Description:** Organic linseed 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. Linseed is an indispensable ingredient for a variety of bread and bread roll specialties, mueslis, smoothies, as a topping for muesli and salads and for all creations that are to be given an extra portion of fibre.

**Preparation:** Ideal for bread, rolls, crispbread and crackers as well as an ingredient for muesli, porridge or crunchies. Finely ground, they can also be used as an egg substitute in vegan baked goods or pressed into oil.

**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:** Yes  
**Organic:** Yes  
**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

Example Company

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