

Amaranth puffs organic

Designation: amaranth puffed

Description: Amaranth was already a plentiful used nutritious food as a prehistoric grain in the cuisine of the Maya and Inca. The small puffed grains convince with a nutty-fresh aroma and are also a gluten-free alternative for all those who enjoy culinary variety and also perfect for those who are looking for a protein-rich source of energy! The puffed grains are excellent in muesli, in bars or baked goods, as well as in dessert preparations.

Ingridients: amaranth puffed*

* from controlled organic cultivation

Raw food: No
Fairtrade: No
Gluten-free: No
Vegan: Yes
Superfood: No
Naturally gluten-free: Yes
Plastic-free: Yes
Organic: Yes
Value Pack: No

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1551 kj
Calorific value kcal	371 kcal
Fat	4.9 g
Of which saturated fatty acids	1.5 g
Carbohydrates	65.1 g
Of which sugar	1.1 g
Fibers	8.3 g
Protein	12.4 g
Salt	0.01 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