

Organic whole fenugreek seeds

Whole seeds of fenugreek. The seeds are light to medium brown and have a lasting, sweetly-bitter, sharp taste. Their full aroma is revealed when they are lightly roasted - this also reduces the bitterness. The seeds are reminiscent of lovage and are an important component of many curry mixtures. They are suitable for seasoning [curries](#), vegetable-, [legume](#)-, fish and meat dishes. They are also suitable as a bread spice and give fine cheese creations a nutty flavour.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1397 kj
Calorific value kj	1518 kj
Calorific value kcal	334 kcal
Calorific value kcal	363 kcal
Fat	6.4 g
Of which saturated fatty acids	1.5 g
Of which saturated fatty acids	0.7 g
Carbohydrates	33.8 g
Carbohydrates	48.3 g
Of which sugar	24.2 g
Fibers	24.6 g
Fibers	10 g
Protein	23 g
Salt	0.17 g
Salt	0.1 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