

Organic Black Chia Seeds 1kg

Chia is an annual, herbaceous summer plant from the family of Lamiaceae, botanically known as *Salvia hispanica* L. Originally from Mexico, it is now cultivated in many countries of Latin America and Africa. The small chia seeds are black to grey and possess an extraordinarily high swelling capacity. This superfood is a good source of protein and has a high fibre content. Organic Chia Seeds are an ideal ingredient for baked goods, breakfast cereals, toppings for sweet and savoury dishes, and creative dessert compositions.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1849 kj
Calorific value kcal	442 kcal
Fat	30.7 g
Of which saturated fatty acids	3.3 g
Carbohydrates	7.7 g
Fibers	34.4 g
Protein	16.5 g
Salt	0.04 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