

# Organic Blue Poppy Seeds 5kg

Organic Blue Poppy Seeds are small-grained, blue-black, round seeds. They are rich in protein and a source of fibre. The seeds have a nutty-sweet taste. Ideal for bread, rolls, and sweet baked goods such as poppy seed cake and pastries.

[Zum Produkt](#)

## Nährwerte

Unzubereitet pro 100 g

Calorific value kj	2175 kj
Calorific value kcal	520 kcal
Fat	41.6 g
Of which saturated fatty acids	4.5 g
Carbohydrates	8.6 g
Of which sugar	3 g
Fibers	19.5 g
Protein	18 g
Salt	0.07 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