

Organic Sunflower Seeds Europe 1kg

These sunflower seeds of confectionary quality are mature, hulled, and dried. The oval, slightly elongated kernels of white-grey colour have a mildly nutty flavour and a crunchy consistency. This oilseed is a source of protein and fibre. Sunflower seeds are excellent for bread, rolls, and baked goods, for snacking, for muesli, and for sweet and savoury dishes.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	2550 kj
Calorific value kcal	610 kcal
Fat	51.5 g
Of which saturated fatty acids	4.5 g
Carbohydrates	11.4 g
Of which sugar	2.6 g
Fibers	8.6 g
Protein	20.8 g
Salt	0.022 g

Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein
Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein

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USt-IdNr.: DE154233667

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