



Chia Seeds Bio 250 g Doypack Superfoods Drasanvi

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Description

Although it is one of the trendy superfoods, its use as staple food goes back to the ancient Mayan and Aztec civilizations. And with good reason, since Chia seeds are very rich in nutrients and are full of vitamins, minerals and Omega 3 fatty acids, 6 and 9. In addition, they have a high fiber content. Another advantage is that they are very easy to digest and mix with other foods. It is characterized by a pleasant taste, slightly soft and similar to the walnut. Chia seeds, when combined with liquid, absorb between 10 and 12 times their weight in water forming a bulky gel. In this way, it becomes a very versatile ingredient to enrich your recipes.

Ingredients

Organic Chia Seeds (*Salvia hispanica L.*) 10 g

Directions

Do not exceed 15 grams per day. It can be added to bread, muesli, yogurts, shakes and salads. It can also be soaked for eight hours to form a gel, which can be taken directly or used in numerous recipes. 1 dessert spoon = about 3.5 grams

Presentation

Contains 250 g (8.82 oz)

Warnings

Store in a cool, dry place. Allergen free.

Nutrition Facts

Per 100 g

Ingredients

Calories

Fats

of which are saturated

of which are monounsaturated

Quantity/100g

450 Kcal-1860 Kj

31 g

3.3 g

2.8 g

of which are omega 9	1.9 g
of which are poliinsaturated	24.9 g
of which are omega 3	16 g
of which are omega 6	4.7 g
Carbohydrates	5 g
of which are sugars	0.8 g
Fibre	33,7 g
Proteins	20 g
Salt	0.02 g

Allergen Information

Allergen-free

Certifications

