Sunflower Seed Bio 250 g Ecosana

SKU: 467010054 **EAN13:** 8436012944513

Description

Committed to the highest product quality and respect for the environment, **ECOSANA Organic Sunflower Seeds** are obtained from sustainable cultivation systems that strictly comply with **organic production standards**:

- Without pesticides, fertilizers or herbicides of synthetic origin.
- Without additives, colorants, flavorings, aromas...
- Without genetically modified organisms.

Sunflower seeds, known as "pipes", are the dried fruit richest in antioxidants within nuts, due to its great contribution in **vitamin E** and also in **vitamins of group B**. In addition, they have a high content of healthy fats and they are rich in fiber. That is why they are ideal to complete our diet. Easy to consume, since they come peeled. You can eat them directly to complete your snacks or incorporate

them into your recipes, in wholemeal breads prepared at home, in salads, desserts, yogurts... whatever you can think of!

Ingredients

Sunflower seed*

*From Organic Agriculture.

Directions

They can be consumed directly or added to breads, salads, cakes, yogurts, etc.

Presentation

Contains 250 g

Warnings

May contain traces of **Nuts, Sesame and Soya.**

Store in a cool, dry place.

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	**2445 kJ / 584 kcal**
Fat *of which saturated*	**51,4 g** *4,46 g*
Carbohydrates *of which sugars*	**20 g** *2,62 g*
Fibre	**8,60 g**
Proteins	**20,80 g**
Salt	**0,225 mg**

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications