



# Natural Sesame Seeds Bio 250 g Ecosana

SKU: 467010060 EAN13: 8436012944360

## Description

**ECOSANA Natural Sesame Seeds** exclusively contain 100% sesame seeds from **organic farming**, obtained by methods that respect the Environment. Sesame seeds consumed raw are a natural source of protein, rich in saturated fats (polyunsaturated fats) and calcium, among other nutrients, such as vitamin E. They are an excellent condiment to add to your salads, sauces, yogurts or simply with water or juice! For a better absorption of nutrients, it is recommended to consume them ground.

# Ingredients

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Natural sesame seeds\*

\*From Organic Agriculture.

# Directions

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It is recommended to grind them before consuming them.

# Presentation

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Contains 250 g

# Warnings

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Contains **Sesame**.

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

Store in a cool, dry place.

# Nutrition Facts

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Per 100 g

|   | Quantity                     |
|---|------------------------------|
| <b>Energetic Value</b>                      | <b>2400 kJ / 573 kcal</b>    |
| <b>Fat</b> <i>of which saturated</i>        | <b>49,67 g</b> <i>6,95 g</i> |
| <b>Carbohydrates</b> <i>of which sugars</i> | <b>23,45 g</b> <i>0,30 g</i> |
| <b>Fibre</b>                                | <b>11,80 g</b>               |
| <b>Proteins</b>                             | <b>17,73 g</b>               |
| <b>Salt</b>                                 | <b>0,028 g</b>               |

# Allergen Information

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Shelled Nuts, Sesame, Soya,

# Certifications

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