



Natural Sesame Seeds Bio 250 g Ecosana

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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

Natural sesame seeds*

*From Organic Agriculture.

Directions

It is recommended to grind them before consuming them.

Presentation

Contains 250 g

Warnings

Contains **Sesame**.

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

Store in a cool, dry place.

Nutrition Facts

Per 100 g

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

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications

