



Toasted Sesame Seeds Bio 250 g Ecosana

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Description

ECOSANA Toasted Sesame is obtained from 100% toasted sesame seeds from **organic farming**. If these seeds stand out for something, it is for their **very high calcium content**, much higher than milk. Just 25 grams of seeds are equivalent to 30% of the NRV* (8 times more than milk for the same amount). This makes them of special interest to **vegans or allergy sufferers** who cannot take **lactose**. As they are oil seeds, they are very rich in essential fatty acids (mainly omega 6) and, in addition, they contain a source of lecithin (almost the same amount as soybeans) that gives them the effects of soy lecithin, as well as phytosterols and vitamins of group B. To be able to take advantage of their properties by the organism, it is recommended to grind them a little before consuming them. You can take them sprinkled or ground with yogurts, vegetable drinks, to flavor your salads or to provide a

crunchy texture to your recipes that give the last touch of flavor.

Ingredients

Toasted natural **sesame** seeds*

*From Organic Agriculture.

Directions

You can take them sprinkled or ground with yogurts, vegetable drinks, to flavour your salads or to provide a crunchy texture to your recipes that give the last touch of flavour.

Open and serve to taste. You can add them to your breakfasts combined with milk, natural juices, vegetable drinks or yogurts, in your salads... or for your pastry recipes.

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

Energetic Value

Quantity

2397 kJ / 573 kcal

Fat <i>of which saturated</i>	49,67 g <i>6,96 g</i>
Carbohydrates <i>of which sugars</i>	11,70 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

