Chia Seed Bio 250 g Ecosana

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Description

Chia seeds are obtained from the interior of the fruit of a herbaceous plant called *Salvia hispanica* , from Central America. Specifically, **ECOSANA Bio Chia Seeds** are obtained from **100% organic farming**, so that all the properties of this seed are preserved, being respectful with the environment. Chia seeds are a food with multiple benefits for our body, which makes them ideal to complete our healthy diets. These seeds are characterized by their high content of healthy **Omega 3 and Omega 6** fatty acids and their high **fibre** content, which in contact with water forms a gel that covers our intestines, helping us to maintain the proper functioning of the intestinal tract and favoring the absorption of nutrients, which makes them especially interesting for people with diabetes. They are also an important source of **minerals and vitamins**, containing more **calcium** than milk and more **iron** than spinach. Perfect for breakfast or to make delicious desserts, you can combine them with yogurt, other cereals or milk.

Ingredients

Chia seeds*

*From Organic Agriculture

Directions

Before consuming these seeds, it is necessary to soak them for 15-30 minutes in water or combined with milk, yogurt, vegetable drinks, soups... You can also try adding them to your pastry recipes, either ground or whole. The recommended daily amount is 15 g/day.

Presentation

Contains 250 g

Warnings

Store in a cool, dry place

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

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	**1901,52 kJ / 456 kcal**
Far *of which saturated*	**33,80 g** *3 g*
Carbohydrates *of which sugars*	**0,70 g** *0,70 g*
Fibre	**34,10 g**
Proteins	**20,20 g**
Salt	**0,005 g**

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications