



# Black Sesame Seeds Bio 300 g Ecosana

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## Description

Black sesame has been consumed for centuries, especially in Arab and Asian cuisine where it originates. From 100% **organic farming**, this small, flat, black seed concentrates multiple beneficial substances for our body, providing us with a source of vitamins and minerals such as **iron and calcium**, as well as **healthy fats, vegetable proteins** and a high **fibre** content. It is a nutritious and energetic food, especially suitable for athletes who have a lot of wear and tear. Enrich your dishes with **ECOSANA Bio Black Sesame Seeds**, adding them to your salads, risottos, pizzas, in your homemade breads, sushi, fish ... or what comes to mind. You can also use it to make a rich hummus or spread as a paste on bread or toast.

## Ingredients

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Black sesame seeds\*

\*From Organic Agriculture.

## Directions

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Open and serve to taste. You can add them in a multitude of recipes: salads, risottos, pizzas, in breads, sushi, lasagna, fish... You can also create a paste with these seeds to make hummus.

## Presentation

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Contains 300 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>2504 kJ / 598 kcal</b>
<b>Fat</b> <i>of which saturated</i>	<b>50,70 g</b> <i>7,90 g</i>
<b>Carbohydrates</b> <i>of which sugars</i>	<b>10,20 g</b> <i>0,20 g</i>
<b>Fibre</b>	<b>12 g</b>
<b>Proteins</b>	<b>20 g</b>
<b>Salt</b>	<b>0,112 g</b>

## Allergen Information

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Shelled Nuts, Sesame, Soya,

## Certifications

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