



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

Black sesame seeds*

*From Organic Agriculture.

Directions

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

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

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications

