



Nutritional Yeast 125 g Natursana

SKU: 467010140 EAN13: 8436044511011

Description

Nutritional yeast is a natural source of protein. It has a slightly salty flavour that is reminiscent of cured cheese and nuts, which is why it has become one of the essential ingredients in vegan cuisine, beginning to be present in many recipes destined to be healthier alternatives. In addition, it highlights its content in vitamins and minerals.

Ingredients

Inactive nutritional yeast.

Directions

Suggestions for use: Sprinkle on soups, smoothies, desserts. It can be used for dishes that require gratin.

Presentation

Contains 125 g

Warnings

Store in a cool, dry place.

It contains **gluten**.

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

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	1445 kJ / 347 kcal
Fat <i>of which saturated</i>	7 g <i>1,20 g</i>
Carbohydrates <i>of which sugars</i>	7 g <i>0,60 g</i>
Fibre	32 g
Proteins	43 g
Salt	0,50 g

Ingredient	%NRV	per 100 g
Vitamin B1	1.181,8	13 mg
Vitamin B2	107,1	1,5 mg
Vitamin B3	168,75	27 mg

Vitamin B5	150	9 mg
Vitamin B6	35,7	0,5 mg
Vitamin B9	900	1.800 µg
Vitamin B12	232	5,8 µg
Magnesium	29,3	110 mg
Potassium	63	1.260 mg
Phosphorus	108	760 mg
Zinc	60	6 mg
Iron	85,7	12 mg

%NRV: Nutrient Reference Value

Allergen Information

Shelled Nuts, Sesame, Soya, Sulphides,

Certifications

