



# Nutritional Yeast 125 g Natursana

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## 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

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

## Presentation

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Contains 125 g

## Warnings

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Store in a cool, dry place.

It contains **gluten**.

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

## Nutrition Facts

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Per 100 g

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

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

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Shelled Nuts, Gluten, Milk, Sesame, Soya, Sulphides,

## Certifications

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