



Amaranth Grain Bio 500 g Ecosana

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Description

Amaranth is a little-known food that has many properties. Like Quinoa, it is considered a pseudocereal, since it has properties similar to cereals, but also to legumes. It has 14% protein and can be used as if it were rice. You can prepare hot dishes, salads and sweet and savory recipes.

Ingredients

100% Organic Amaranth

Directions

Use at your convenience

Presentation

Contains 500 g

Warnings

Store in a cool, dry place.

May contain traces of **sesame, nuts and soya**.

Nutrition Facts

Per 100 g

Energetic Value	1565 kJ / 371 kcal
Fat	7 g
of which saturated	1,5 g
Carbohydrates	65 g
of which sugars	1,7 g
Fibre	7 g
Proteins	14 g
Salt	0,004 g

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications

