



# Amaranth Grain Bio 500 g Ecosana

SKU: 467010214 EAN13: 8436012945138

## 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

---

