



Organic Chia Seeds

Salvia hispanica

High fibre and protein content

Rich in plant-based omega-3 vegetable fatty acids

Good to know:

The Chia plant (*Salvia hispanica*) originally comes from Mexico and parts of South and Central America. The Aztecs already appreciated the small, black and white seeds as an energizer and important component of their diet. What makes the Chia seeds so special is their good nutrient combination of valuable Omega-3 fatty acids as well as their high content of protein and fibres. Furthermore, they are valued for their good swelling feature.

Chia Seeds can easily be strayed over salads, fruits or spreads or mixed in dressings, cereals, soups, smoothies, yoghurts or baking mixtures. Gluten free.

Ingredients: 100 % Chia seeds of *Salvia hispanica* L. from controlled organic cultivation.

Average nutritional values	per 100 g
Caloric value	1832 kJ / 450 kcal
Fat	31.4 g
- of which are saturated fatty acids	3.5 g
- of which are mono-unsaturated fatty acids	3.0 g
- poly-unsaturated fatty acids*	24.9 g
Carbohydrates	2.3 g
- of which is sugar	1 g
Fiber	34.5 g
Protein	22.6 g
Salt	0 g

*18.5 g omega-3 fatty acids/100 g



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Non-EU-agriculture

Contents 1 k g

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