



Chia Seeds BD (10x1kg)

Additional Information

Product Code	487538
Product Description	Chia seeds have a high content of essential fat acids, anti-oxidants, vitamin B, calcium, magnesium, potassium, phosphorous, iron, zinc and manganese. Botanical Name, 'Salvia hispanica L'. The seeds are processed under stringent conditions, washed, dried, mechanically cleaned, sound and of merchantable quality.
Height (mm)	338.0000
Length (mm)	392.0000
Width (mm)	258.0000
Outer EAN 1	5060090203618
Storage Type	Ambient
Brand	nonbranded

Ingredients

Ingredients	Chia Seeds
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Dietary Information

Approved for a Halal Diet	No
Approved for a Kosher Diet	No
Suitable for Coeliacs	No
Suitable for Lactose-Free Diet	Yes
Suitable for a Vegan Diet	Yes
Suitable for a Vegetarian Diet	Yes

Allergens

Celery	No
Gluten	May Contain
Crustacea	No
Egg	No
Fish	No
Lupin	No
Milk	No
Molluscs	No
Mustard	No
Nuts	May Contain
Peanuts	No
Sesame	May Contain
SOYA	No
Sulphites	May Contain

Nutritional Information

Carbohydrate Per 100g (g)	7.9 g
Carbohydrate of which Sugars per 100g (g)	0.5 g
Fat per 100g (g)	33.4 g
Fat of which Saturates per 100g (g)	3.9 g
Fibre per 100g	28 g
Energy per 100g (kcal)	476 kcal
Energy per 100g (kJ)	1968 kJ
Protein per 100g (g)	22 g
Salt per 100g (g)	0.04 g

Disclaimer:

While we endeavour to ensure the accuracy of all product, pricing and nutritional data at all times, and that information is provided in good faith, we are not the manufacturers of these products and any such information we provide is therefore reliant on the accuracy and completeness of information provided to us by our suppliers.

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