



Damhert
NUTRITION

Fit Food

Damhert Fit Food Chia seeds

Art.nr:	2022
Product description:	Damhert Fit Food Chia seeds
EAN-code product:	5412158020451
EAN-code carton	5412158043900 (x 1) 5412158020826 (x 6)
Custom-code:	20081919
Ingredients:	chia. CAN CONTAIN TRACES OF NUTS, GLUTEN AND SESAME.
Allergens:	May contain traces of gluten, nuts, sesame seeds. Does not contain milk, eggs, fish, lupine, soybeans, sulphur dioxide and sulphites, mustard, lactose, peanuts, celery, oats, crustaceans, molluscs, wheat.
Content:	150 g
Storage:	Keep at room temperature.
Shelf life:	12 months after production.
Usage:	Chia seeds have a neutral taste. You can use them in different meals; for example in a salad, fruit salad or smoothie.
Dimensions:	8.0 cm W x 16.5 cm H x 3.5 cm D



Nutritional values	portie/portion	
	100 g	0 g
Energy kJ	1054	105
Energy kcal	256	26
Fats	3,7 g	0,4 g
Whereof saturated fats	0,7 g	0,1 g
Carbohydrates	5,0 g	0,5 g
Whereof sugars	0,5 g	0,1 g
Food fibres	59,8 g	6,0 g
Protein	20,8 g	2,1 g
Salt	0,01 g	0,11 g