

Supplier's Product Code :
Product Added :
Last Updated by Supplier :
erudus id :

NUT057
16 December 2025
16 December 2025
33e551b0081e42aba5aa85200cd9296e



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Chia Seeds 1kg

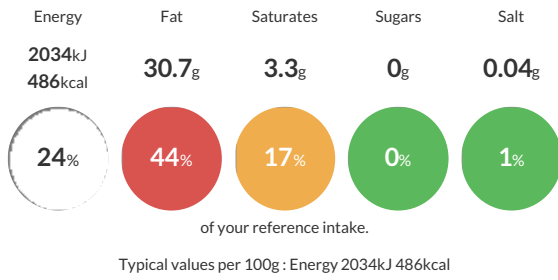
Short Product Name:
Chia Seeds

Seeds of the plant Salvia Hispanica.

Traded Unit GTIN: 5060103914333 Internal GTIN: 5060103912476 Supplier: Centaur Foods Ltd Suppliers Product Code: NUT057

Reference Intake

Each 100g portion contains:



Nutritional Information

Typical Values	Per 100g
Energy	2034kJ 486kCal
Carbohydrates	42.2g
of which sugars	0g
Fat	30.7g
of which saturates	3.3g
Fibre	-g
Protein	16.5g
Salt	0.04g

Allergy Information

Key: Contains May Contain



Dietary Information

Key: Suitable for



Ingredients

Chia seeds