

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

NUT057
 15 April 2026
 15 April 2026
 33e551b0081e42aba5aa85200cd9296e



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Chia Seeds 1kg

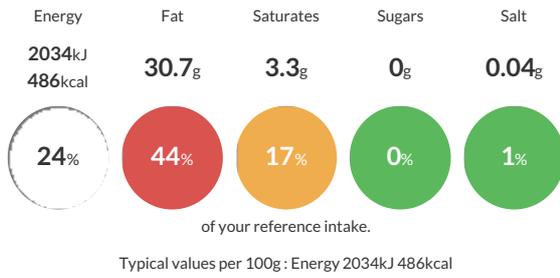
Short Product Name:
 Chia Seeds

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

May Contain Cereal/Gluten	Does Not Contain Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	May Contain Soya	Does Not Contain Molluscs	May Contain Sulphur Dioxide

Dietary Information

Key: Suitable for

Suitable for Vegetarian	Suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal	NO DATA for Coeliac
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Ingredients

Chia seeds