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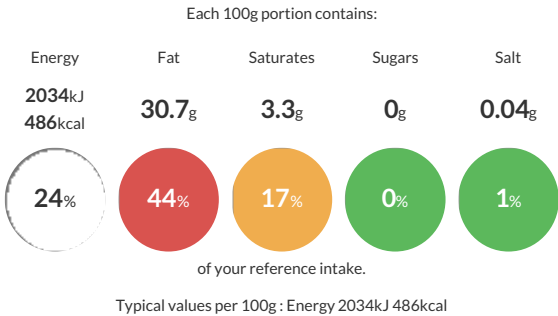
Chia Seeds 1kg

Short Product Name:  
Chia Seeds

Small, oval oilseeds of ivory to dark grey colour. Typical flavour and smell.

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

Reference Intake



Nutritional Information

Typical Values	Per 100g
Energy	2034kJ 486kCal
Carbohydrates	42.12g
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

  
Does Not 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

  
Does Not Contain Soya

  
Does Not Contain Molluscs

  
Does Not Contain Sulphur Dioxide

Gluten Claim  
Gluten content is less than 20ppm.

Ingredients

chia seeds

Dietary Information

Key: Suitable for

  
May not be suitable for Vegetarian

  
May not be suitable for Vegan

  
May not be suitable for Kosher

  
May not be suitable for Halal

  
May not be suitable for Coeliac