



Brown linseed



Preparation suggestion:

1 tablespoon of linseed pour 3/4 cup of warm water. Wait a few minutes stirring frequently. Drink 2-3 times a day. Linseed can also be ground before flooding. Gruel prepared from ground linseed can be eaten with the addition of milk, fruit, yogurt or honey. Ground linseed can also be added to soups, breads, sauces, and cereals.

Warning! Linseed must be ground fresh immediately before adding to dishes.

Nutritional value of 100 g of product:

Energy value (energy) 2222 kJ / 535 kcal	Carbohydrates, including: 2.9 g
Fat, including: 45 g	sugars 0.9 g
saturated fatty acids 4.5 g	Dietary fiber 21 g
monounsaturated fatty acids 8.4 g	Protein20 g
polyunsaturated fatty acids 31 g	Salt 0.07 g

Ingredients:

seeds of flax (*Linum usitatissimum*)

Storage:

store at room temperature in a dry place.

Place or country of origin: A-EU, B-Moldova, C-Ukraine, D-Kazakhstan, E-Russia.

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