



309706S Brown Linseeds/Flax Seeds (Buchanans)



Pack Size: 1KG BAG

Details: Brown Linseeds are a nutty tasting seed that can be sprinkled into bread dough to produce a daily slice of nutrition or alternatively cooked into a healthy morning breakfast.
Linseeds also know more commonly known as Flax Seeds are high in fibre and they are also a great source of omega oils.

Allergen Information

Free from:

Cereal, Celery, Soya, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide

Suitable for:

Coeliacs, Vegetarians, Vegan

Handling Information

Directions For Use:

Product should be used by consumer within the best before date.
*** For use in baking and cooking. Further heat treatment is recommended for direct consumption***

Storage Instructions:

Store in a dry ambient environment away from direct sunlight and strong odours.

Product Ingredients

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Brown Linseeds 100%

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

521 kcal / 2172 kJ

Fat:

34 g

of which saturates:

3.2 g

Carbohydrates:

34.3 g

of which sugars:

1 g

Fibre:

0 g

Protein:

19.5 g

Salt:

0.09 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.