



# UK Chia seeds Organic 300 g//SCAN Urtekram Chia seeds Organic 300 g

GTIN: 05765228707722

Article Nr Primary 1070772

Brand: Urtekram Food

Manufacturer Name: Midsona Danmark A/S (5790002193866)

Classification category (GPC): 10000008 - Nuts/Seeds – Unprepared/Unprocessed (Shelf Stable)

GS1 Country of origin: Denmark

Cropland: Paraguay, Uganda

Tax rate: 12%

A small Chia seed holds a lot of all sorts of goodies: plenty of omega-3 fatty acids, plenty of fiber, and plenty of protein. No wonder the word “Chia” in the Mayan Indian language means strength and power. The taste of chia seeds is completely neutral, so they are perfect for bread dough, porridge, smoothies and pastries to enrich your diet. Chia seeds bind a lot of liquid, so use more liquid than the recipe mentions, adding them to the dough, for example, or soaking the chia seeds in water for 20 minutes before use.

## Contents

**Ingredient statement:** Organic chia seeds (*Salvia hispanica*). Recommended daily intake: max. 15 g.

## Shelf life and storage

Min. lifespan from time of arrival, days: 411

Min. lifespan from time of production, days: 548

## Consumer usage

Use to make both bread, porridge and cakes healthier. Chia seeds bind a lot of liquid, so use more liquid than the recipe mentions, adding them to the dough, for example, or soaking the chia seeds in water for 20 minutes before use.

| NUTRIENT                              | PER 100 G |
|---------------------------------------|-----------|
| Energy                                | 1837 kJ   |
| Energy                                | 447 kcal  |
| Fat                                   | 34 g      |
| Fat of which is saturated acids       | 3 g       |
| Fat of which is monounsaturated acids | 2.1 g     |
| Fat of which is polyunsaturated acids | 24.8 g    |
| Carbohydrate                          | 1.8 g     |
| Carbohydrate of which sugar           | 1 g       |
| Dietary fibre                         | 40.9 g    |
| Protein                               | 21 g      |
| Salt                                  | 0 g       |

|                              |                |                                    |                |
|------------------------------|----------------|------------------------------------|----------------|
| Base level                   |                | Case level                         |                |
| GTIN                         | 05765228707722 | GTIN                               | 15765228707729 |
| Packaging marked date format | DD MM YYYY     | Width, mm                          | 125            |
| Width, mm                    | 101            | Height, mm                         | 180            |
| Height, mm                   | 180            | Depth, mm                          | 395            |
| Depth, mm                    | 60             | Gross weight, g                    | 2293           |
| Gross weight, g              | 305            | Net weight, g                      | 2100           |
| Net weight, g                | 300            | Packaging type 1                   | Box            |
| Packaging type 1             | Bag            | Quantity of next lower level items | 7              |

|                                    |        |
|------------------------------------|--------|
| Pallet level                       |        |
| Width, mm                          | 800    |
| Height, mm                         | 1404   |
| Depth, mm                          | 1200   |
| Gross weight, g                    | 313918 |
| Net weight, g                      | 264600 |
| Packaging type 1                   | Pallet |
| Quantity of layers per pallet      | 7      |
| Quantity per layer                 | 18     |
| Quantity of next lower level items | 126    |