

Spelt Sesame Sticks

Country of Origin: USA

Nutrition Facts

Valeur nutritive

Per 1/2 cup (50 g) / par 1/2 tasse (50 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 270	
Fat / Lipides 16 g	25 %
Saturated / saturés 2 g + Trans / trans 0 g	9 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 390 mg	16 %
Carbohydrate / Glucides 25 g	8 %
Fibre / Fibres 4 g	14 %
Sugars / Sucres 0 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	10 %
Iron / Fer	15 %

Ingredients:

Organic whole spelt flour (wheat), sesame seeds, non-GMO hi-oleic expeller pressed canola oil, salt and turmeric

Factoid:

Spelt sesame sticks provide the nutritional benefits of both spelt and sesame.

Sesame seeds are a good source of copper, magnesium and calcium. They contain sesamin and sesamolignan fibres that can aid in reducing blood-cholesterol levels and in preventing high blood pressure. And aside from spelt's distinct nutty flavour, it provides magnesium, fibre, protein, and some B vitamins.

Allergen Information:

This product may contain sesame, milk, soy, wheat and gluten.

