

Amaranto

Naturally gluten free organic grain cereal



Amaranto (Amaranth) is an antique grain originally from Central America, belonging to the Amaranaceae family. It is a pseudocereal.

Nutritional properties:

Amaranth is rich in magnesium, useful for the nervous and muscular systems, it has large amounts of amino acids that make it a source of protein with a high nutritional value. It has a high fibre content and a lower Glycemic Index compared to other cereal grains. These characteristics make it great for sport enthusiasts and senior citizens.

- rich in magnesium
- rich in fibre
- vegetable protein with more lysine compared to other cereal grains
- great to prepare soups
- vegetable and meat pies and salads



Senza Uova



Senza Latte



Senza Amido di Frumento

Ingredient

Biological amaranth (decorticated).
May contain traces of sesame.

Characteristics

Value per 100 g

| | |
|----------------------------|------|
| Energy kj | 1532 |
| Energy kcal | 364 |
| Fat | 6,5 |
| - of which — Saturated Fat | 1,6 |
| Carbohydrate | 57 |
| - of which — Sugars | 2 |
| Fibre | 10 |
| Protein | 14 |
| Salt | 0,12 |