Amaranto

Naturally gluten free organic grain cereal



Amaranto (Amaranth) is an antique grain originally from Central America, belonging to the Amarantaceae 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