

Linseed Seed

Typical Nutritional Analysis

Analysis	Results per 100g
Energy	2170 kJ
Protein	22.5g
Total Fat	39.4g
Saturated Fat	4.0g
- Omega 3	22.8g
- Omega 6	5.9g
- Omega 9	7.3g
Carbohydrates	36.25g
- Dietary Fibre	31.4g
- Sugars	1.3g
Minerals	
- Calcium	225mg
- Iron	5.7mg
- Magnesium	375mg
- Phosphorous	652mg
- Potassium	793mg
- Sodium	32mg
- Zinc	4.25mg
- Copper	1.12mg
- Sodium	39mg
Vitamin E	19.95mg
Gluten	Not detected
Cholesterol	0