



GOMASIO ORIGINAL

About Gomasio original

Description

Gomasio ('goma' is the Japanese word for 'sesame' and 'sio' is the Japanese word for 'salt') is a mix of sesame seeds and unrefined sea salt. The unrefined sesame seeds are slightly roasted separately and then ground together with the seasalt. Each small grain of salt is thus covered with the oil of the sesame seeds. A healthy and tasty seasoning with much less sodium than pure salt. Calcium and Magnesium are needed for the maintenance of normal bones. Thanks to the combination of sesame (very rich in calcium) and salt (rich in magnesium), gomasio is a valuable seasoning.

Use

This delicately flavoured seasoning is a 'salt' that does not limit itself to just salting your dishes; it adds the discreet taste of sesame. Gomasio is widely appreciated, both in warm dishes, with grains, in soups or vegetables and as a seasoning for salads and raw vegetables

Ingredients

roasted SESAME* 94,5%, sea salt 5,5%.
*organically grown

Packaging

100 g, 225 g.

Product organically grown

100% of the agricultural ingredients are from organic farming



AB



VEGAN



GLUTENFREE



SOURCE OF

PROTEIN



SOURCE OF

FIBRE



NO ADDED SUGARS

Nutritional analysis

Average nutritional value per

	g/100g	portion ?g	%RI	RI
Energy	2297 kJ			
	555 kcal			2000 kcal
Fat	47 g			70 g
of which saturates	6,5 g			20 g
of which mono-unsaturates	19.6 g			
of which polyunsaturates	21 g			
Carbohydrates	9,5 g			260 g
of which sugars	0 g			90 g
Fibre	11 g			
Protein	19 g			50 g
Salt	8,0 g			6 g

RI: Reference intake of an average adult (8400 kJ/2000 kcal)

Allergen info

Ingredients

roasted SESAME* 94,5%, sea salt 5,5%.

* = organically grown

Allergens present in this product:

Sesame

This product may contain traces of:

Nuts, Hazelnuts, Almonds & Peanuts