

## ALMOND POWDER/ MANDLIJAHU

EST Koostisosad: Mandlid

Mandlijahu on kiudainete- ja valgurikkad, vitamiinide ja mineraalide rikkad ning suurepärase omega 6 rasvhapete allikas. Eriti kõrge on E ja B-grupi vitamiinide sisaldus samuti mineraalide Kaaliumi, Magneesiumi, Mangaani, Fosfori, Raua, Vase, Tsingi sisaldus.

Mandlijahu toodet kasutatakse erinevate küpsetiste ja toitade valmistamisel.

ENG Ingredients: Almonds

Almond flour is high in fiber and protein, rich in vitamins and minerals, and an excellent source of omega 6 fatty acids. The content of vitamins E and B is especially high, as well as the content of Potassium, Magnesium, Manganese, Phosphorus, Copper and Zinc.

The product is used in the preparation of various pastries and foods as flour or superfood powder.

Retseptid: [www.goldenstevia.ee/retseptid](http://www.goldenstevia.ee/retseptid)

Recipes: <https://goldenstevia.com/recipes/>

| TOITUMISALANE TEAVE keskmiselt 100g kohta:                                                       | SISALDUS       | NUTRITIONAL INFORMATION average per 100g:                  | CONTENT        |
|--------------------------------------------------------------------------------------------------|----------------|------------------------------------------------------------|----------------|
| <b>Energia</b>                                                                                   | 2573kJ/623kcal | <b>Energy</b>                                              | 2573kJ/623kcal |
| <b>Rasvad</b>                                                                                    | 55g            | <b>Fat</b>                                                 | 55g            |
| - küllastunud rasvhapped                                                                         | 5,1g           | - saturated fats                                           | 5,1g           |
| - monoküllastumata                                                                               | 38,5g          | - monounsaturated                                          | 38,5g          |
| - polüküllastumata                                                                               | 11,4g          | - polyunsaturated                                          | 11,4g          |
| <b>Omega 3 rasvhapped</b>                                                                        | 0g             | <b>Omega-3 fatty acids</b>                                 | 0g             |
| <b>Omega 6 rasvhapped</b>                                                                        | 12.1g          | <b>Omega-6 fatty acids</b>                                 | 12.1g          |
| <b>Süsivesikud</b>                                                                               | 4g             | <b>Carbohydrates</b>                                       | 4g             |
| - suhkrud                                                                                        | 3,1g           | - sugars                                                   | 3,1g           |
| <b>Valgud</b>                                                                                    | 22g            | <b>Protein</b>                                             | 22g            |
| <b>Kiudained</b>                                                                                 | 12g            | <b>Dietary fibre</b>                                       | 12g            |
| <b>Vitamiinid ja mineraalained:</b>                                                              |                | <b>Vitamins and Minerals</b>                               |                |
| Kaalium                                                                                          | 679mg          | Potassium, K                                               | 679mg          |
| Kaltsium                                                                                         | 236mg          | Calcium, Ca                                                | 236mg          |
| Raud                                                                                             | 3,57mg         | Iron, Fe                                                   | 3,57mg         |
| Magneesium                                                                                       | 275mg          | Magnesium, Mg                                              | 275mg          |
| Fosfor                                                                                           | 480mg          | Phosphorus, P                                              | 480mg          |
| Tsink                                                                                            | 3.1mg          | Zinc, Zn                                                   | 3.1mg          |
| Mangaan                                                                                          | 2.2mg          | Manganese, Mn                                              | 2.2mg          |
| Seleen                                                                                           | 2.8mg          | Selenium, Se                                               | 2.8mg          |
| Naatrium                                                                                         | 28mg           | Sodium, Na                                                 | 28mg           |
| Vask (Cu)                                                                                        | 1.2mg          | Copper, Cu                                                 | 1.2mg          |
| Folaadid B9                                                                                      | 30µg           | Folates B9                                                 | 30µg           |
| Tiamiin, Vitamiin B1                                                                             | 0.205mg        | Thiamin B1                                                 | 0.205mg        |
| Niatsiin B3                                                                                      | 3.7mg          | Niacin, B3                                                 | 3.7mg          |
| Riboflaviin, B2                                                                                  | 0.6mg          | Riboflavin, B2                                             | 0.6mg          |
| Vitamiin B6                                                                                      | 0.1mg          | Pyridoxine, Vitamin B6                                     | 0.1mg          |
| Pantoteenhape B5                                                                                 | 0.3mg          | Pantothenic acid, B5                                       | 0.3mg          |
| Vitamiin A                                                                                       | 2IU            | Vitamin A                                                  | 2IU            |
| Vitamiin E                                                                                       | 24.7mg         | Vitamin E                                                  | 24.7mg         |
| Choline                                                                                          | 52.1mg         | Choline                                                    | 52.1mg         |
| Toitained väärtused on keskmised ning võivad varieeruda tingituna looduslikest kasvu keskkonnast |                | Food values are average and may vary due to natural growth |                |

Hoida: kuivas, pimedas ja jahedas

Parim enne: vt. pakendilt

Edasimüüja: Golden Stevia OÜ [WWW.GOLDENSTEVIA.EE](http://WWW.GOLDENSTEVIA.EE)

Tootjamaa: Hispaania

Store: dry, dark and cold

Best before: see package

Distributor: Golden Stevia OÜ [WWW.GOLDENSTEVIA.COM](http://WWW.GOLDENSTEVIA.COM)

Country of production: Spain