

# ORGANIC MIX CHIA BLACK & RED SEEDS

*Salvia Hispanica* Family Lamiaceae

## PRODUCT SPECIFICATION

PRODUCT CODE: ORCHI34989:

### PRODUCT CHARACTERISTICS

Botanical Name  
Plant Part  
Description  
Flavor  
Solubility  
Preservatives  
Origin  
Tariff Code  
Shipping Classification  
Storage  
Availability

### SPECIFICATION

Lamiaceae  
Chia Seeds ( Red and Black )  
Black and red Seeds  
Typical natural  
Not water soluble  
None  
Peru  
0813.30.00  
70 M  
Dry at 20 C / 70 F  
Year-round



\*

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### **DESCRIPTION:**

**Chia seeds** are the edible seeds of *Salvia hispanica*, a flowering plant in the mint family (*Lamiaceae*) native to Central America, or of the related *Salvia columbariae* of the southwestern United States and Mexico. Chia seeds are oval and gray with black and white spots, having a diameter around 1 millimetre (0.04 in). The seeds are **hydrophilic**, absorbing up to 12 times their weight in liquid when soaked and developing a **mucilaginous** coating that gives chia-based foods and beverages a distinctive **gel** texture. There is evidence that the crop was widely **cultivated** by the **Aztecs** in **pre-Columbian times** and was a **staple food** for **Mesoamerican** cultures. Chia seeds are cultivated on a small scale in their ancestral homeland of central Mexico and Guatemala and commercially throughout Central and South America, Genotype has a larger effect on yield than on protein content, oil content, fatty acid composition, or phenolic compounds, whereas high temperature reduces oil content and degree of unsaturation, and raises protein content

### **APPLICATIONS:**

Dried chia seeds contain 6% water, 42% **carbohydrates**, 16% **protein**, and 31% **fat**. In a 100-gram amount, chia seeds are a rich source (20% or more of the **Daily Value**, DV) of the **B vitamins**, **thiamin** and **niacin** (54% and 59% DV, respectively), and a moderate source of **riboflavin** (14% DV) and **folate** (12% DV). Several **dietary minerals** are in rich content, including **calcium**, **iron**, **magnesium**, **manganese**, **phosphorus**, and **zinc** (all more than 20% DV; see table).

The **fatty acids** of chia seed oil are mainly **unsaturated**, with **linoleic acid** (17–26% of total fat) and **linolenic acid** (50–57%) as the major fats

### **INGREDIENT STATEMENT**

Produced with Organic Dried Chia.

### **ALLERGEN STATEMENT**

There is no historical date available of any case of Allergies with Dried Chia Seeds- Produced with 100% Natural organic Chia seeds with no carriers, confirmed Allergen Free.

## Chia seeds, dried, raw

### Nutritional value per 100 g (3.5 oz)

|                              |                     |                        |
|------------------------------|---------------------|------------------------|
| <b>Energy</b>                | 486 kcal (2,030 kJ) |                        |
| <b>Carbohydrates</b>         | 42.1 g              |                        |
| Dietary fiber                | 34.4 g              |                        |
| <b>Fat</b>                   | 30.7 g              |                        |
| <b>Protein</b>               | 16.5 g              |                        |
| <b>Vitamins</b>              | <b>Quantity</b>     | <b>%DV<sup>†</sup></b> |
| Vitamin A equiv.             | 54 µg               | 7%                     |
| Thiamine (B <sub>1</sub> )   | 0.62 mg             | 54%                    |
| Riboflavin (B <sub>2</sub> ) | 0.17 mg             | 14%                    |
| Niacin (B <sub>3</sub> )     | 8.83 mg             | 59%                    |
| Folate (B <sub>9</sub> )     | 49 µg               | 12%                    |
| Vitamin C                    | 1.6 mg              | 2%                     |
| Vitamin E                    | 0.5 mg              | 3%                     |
| <b>Minerals</b>              | <b>Quantity</b>     | <b>%DV<sup>†</sup></b> |
| Calcium                      | 631 mg              | 63%                    |
| Iron                         | 7.7 mg              | 59%                    |
| Magnesium                    | 335 mg              | 94%                    |
| Manganese                    | 2.72 mg             | 130%                   |
| Phosphorus                   | 860 mg              | 123%                   |
| Potassium                    | 407 mg              | 9%                     |
| Zinc                         | 4.6 mg              | 48%                    |
| <b>Other constituents</b>    | <b>Quantity</b>     |                        |
| Water                        | 5.8 g               |                        |

## **ALLERGEN STATEMENT**

There is no historical date available of any case of Allergies with Dried Chia Seeds - Produced with 100% Natural organic Apples with no carriers, confirmed Allergen Free.

## **CHIA SEEDS IS PRODUCED/PROCESSED FROM RAW MATERIALS THAT ARE:**

Not genetically modified.

No enzymes, preservatives or additives are used during the production.

No Irradiation is used in or during the process.

No ETO used

BSE FREE.

No Gluten.

They are Vegetarian and Vegan

## **PACKAGING and STORAGE**

Industrial: Double line Plastic Bag heat-sealed, corrugated carton. Store in Dry Place, away from light, in original and closed packaging, avoiding direct contact with the floor, store in temperatures between 20 C ( 71 F) and 25 C (73 F ) , This product may be hygroscopic.

## **SHELF LIFE**

36 months from production date, after manufacturer packing opened valid for maximum 12 months.