



Stoney Creek Flaxseeds are naturally rich in Omega 3 (as ALA), dietary fibre (soluble and insoluble), protein and lignans. Use whole seeds to add colour and crunch to muesli, breads, biscuits and muffins. Add ground seeds to soups and casseroles just before serving.

Note: Grind in a coffee grinder for maximum nutritional benefit (ground seeds can be stored in closed opaque container in fridge).

Stoney Creek Oil
Products Pty. Ltd.
145 Davies Road,
Talbot, Victoria, 3371
T: (03) 5463 2340
ABN 47 055 226 581

www.stoneycreekoil.com.au

NUTRITIONAL INFORMATION

Servings per 500g package (adult) – 25

Serving size (adult) – 20gm

	QTY PER SERVE	QTY PER 100g
ENERGY	410kj	2050kj
PROTEIN	4.9g	24.7g
FATS - total	7.4g	36.9g
-saturated	0.7g	3.6g
-polyunsaturated: Omega 3	4.3g	21.5g
Omega 9	1.2g	5.9g
CARBOHYDRATES, total	< 0.1g	< 0.1g
-sugars	< 0.1g	< 0.1g
DIETARY FIBRE, total	6.4g	32.0g
-soluble	2.0g	10.0g
-insoluble	4.4g	22.0g
SODIUM	11.3mg	56.7mg
CALCIUM	25.2mg	126.0mg
ZINC	1.2mg	6.0mg
IRON	1.1mg	5.3mg
LIGNANS	11.2mg	56.0mg
MAGNESIUM	84.0mg	420.0mg

TYPICAL ANALYSIS

Ingredients: Whole Flaxseeds (A natural product, subject to seasonal variation)



IFOAM
ACCREDITED

Cert. No. 3311P