

Supplier's Product Code :  
 Product Added :  
 Last Updated by Supplier :  
 erudus id :

HAS072  
 03 January 2025  
 03 January 2025  
 4f0a8030574b45fc8117d6d9d75f0c6e



The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions.

## Black Onion Seeds 250g

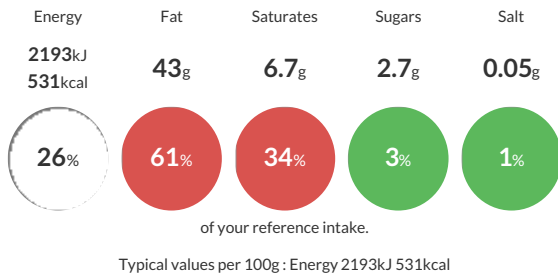
Short Product Name:  
 Black Onion Seeds

Seeds of Nigella sativa

Traded Unit GTIN: 5060103911837 Internal GTIN: 5060103911820 Supplier: Centaur Foods Ltd Suppliers Product Code: HAS072

### Reference Intake

Each 100g portion contains:



### Nutritional Information

Typical Values	Per 100g
Energy	2193kJ 531kCal
Carbohydrates	4.4g
of which sugars	2.7g
Fat	43g
of which saturates	6.7g
Fibre	21g
Protein	21g
Salt	0.05g

### Allergy Information

Key: Contains May Contain

May Contain Cereal/Gluten	Does Not Contain Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	May Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	May Contain Sesame	May Contain Celery	May Contain Soya	Does Not Contain Molluscs	May Contain Sulphur Dioxide

### Dietary Information

Key: Suitable for

Suitable for Vegetarian	Suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal	NO DATA for Coeliac
-------------------------	--------------------	--------------------------------	-------------------------------	---------------------

### Ingredients

Black onion seeds 100 %