



Ginger is widely used in Ayurveda and also in the Chinese herbal tradition. Vegan.

DESCRIPTION

Ginger root has been known and used for thousands of years in Asia, where it has a long culinary history. There are several species, the best being from India. Our ginger is organic, grown by small farmers. Ginger is widely used in Ayurveda and also in the Chinese herbal tradition.

Nutritional value

- Energy.....1404 kj / 335 kcal.
- Fats.....4.24 g.
- of which saturated.....1.60 g.
- Carbohydrates.....57.5 g.
- of which sugars.....3.39 g.
- Dietary fiber.....14.10 g.
- Proteins.....8.98 g.
- Salt.....0.07 g.

Instructions for use

In both sweet and savoury dishes. Use sparingly as its flavour is intense and slightly spicy.

Vegan, gluten-free, lactose-free, no added sugars

Ingredients

100% pure ginger powder from organic farming.

May contain traces of nuts and sesame.

