

# amisa

DELIGHTFULLY GLUTEN FREE

Amisa is made to be a little different. We understand every body is unique, so we create food to suit individuals. Our products combine peace of mind with pure pleasure, making Amisa the perfect choice for the life you lead. This is food that fits you.

## An ancient grain

Quinoa originated in the Andean region of Ecuador, Bolivia, Colombia and Peru. It provides a source of protein and fibre.

## Quinoa Fibre Plus Crispbread

Enjoy Amisa Quinoa crispbreads with your favourite savoury topping – for breakfast, lunch or as a tasty snack.

To create tasty recipes and find inspiring ideas take a look at [www.amisa.co.uk](http://www.amisa.co.uk)

Storage: Store in a cool and dry place/ küh und trocken lagern/ Conserver dans un endroit frais et sec/ Säilytä viileässä ja kuivassa paikassa/ Διατηρείται σε δροσερό και ξηρό μέρος/ Bewaar op een koele en droge plaats/ Förvaras svalt och torrt

okéno bez laku

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CZ-BIO-001  
EU/non-EU Agriculture  
EU/nicht-EU Landwirtschaft  
Agriculture UE/non UE  
EU/EU:nulkopuolinen maatalous  
Γεωργία ΕΕ/εκτός ΕΕ  
EU/niet-EU Landbau  
EU/ikke-EU jordbruk



### D: Quinoa Knäckebrot biologisch Glutenfrei

Zutaten: Maismehl\*, Reismehl\*, Quinoa\* (9%), Psyllium Ballaststoffe\*, Johannsbrotkernmehl\*, Meersalz  
\*= aus kontrolliert biologischem Anbau  
Mindestens haltbar bis: siehe Stempel.

### F: Toast croquant aux quinoa biologique sans gluten

Ingredients : farine de maïs\*, farine de riz\*, quinoa\* (9%), fibres de psyllium\*, caroube\*, sel de mer  
\*= issus de l'agriculture biologique  
A consommer de préférence avant le: voir date imprimée.

### FIN: Luomu Quinoa näkkileipä gluteeniton

Aineosat: maissijauho\*, riisijauho\*, quinoa\* (9%), psylliumkuuti\*, johanneskenelipäpää\*, merisuola.  
\*= kontrollioitu luomuutoote  
Parasta ennen: katso leima.

### GR: Κράκερ Κινόα

Συστατικά: αλεύρι καλαμποκιού\*, αλεύρι ρύζιου\*, Κινόα\* (9%), ίνες psyllium\*, Χαρούπι\*, Θαλασσινό αλάτι.  
\*=Πιστοποιημένα βιολογικά συστατικά  
Ανάλωση κατά προτίμηση πριν από: βλέπε σφραγίδα.

### NL: Biologische Krokante Toast met Quinoa glutenvrij

Ingrediënten: maismeel\*, rijstmeel\*, quinoa\* (9%), psylliumvezels\*, johannesbrood\*, zeezout  
\*= van gecontroleerde biologische landbouw  
Ten minste houdbaar tot: zie stempel.

### S: Quinoa Knäckebröd ekologisk glutenfri

Ingredienser: majsmjöl, rismjöl\*, quinoa\* (9%), psylliumfrön fiber\*, carob\*, havsalt.  
\*= certifierade ekologiska ingredienser  
Bäst före: se stämpel.

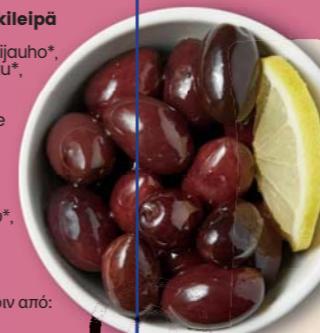
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## ORGANIC

# Quinoa Fibre Plus CRISPBREAD

Deliciously light and crunchy



100g e

100g e



## Quinoa Fibre Plus Crispbread

Ingredients: Corn flour\*, Rice flour\*, Quinoa\* (9%), Psyllium fibre\*, Carob\*, Sea salt.  
\*= Certified Organic Ingredients  
Best before: see stamp.

Average Nutritional Values/  
durchschnittliche Nährwerte/ valeur  
nutritive moyenne pour/  
keskimääräinen ravintoarvo/  
Médiα Διατροφική Αξία/gemiddelde  
voedingswaarde/näringsvärden/  
per 100g

ENERGY	1420kJ/333kcal
Energie/energie/energia/ ένεργεια/energie/energi	2.3g
FAT	0.3g
Fett/matières grasses/ rasvaa/λιπαρά/vetten/fett of which saturates	0.3g
davon gesättigte Fettsäuren/ dont acides gras saturés/ josta tydyttynetä/ek tuu οποιους κορεγένεια/wärvan verzadigde vetzuren/varav mättat fett	
CARBOHYDRATE	63g
Kohlenhydrate/glucides/ hiilihydraatteja/υδατάθρακες/ koolhydraten/kolhydrat	0.4g
of which sugars	
davon Zucker/dont sucre/ josta sokerita/ek tuu οποιους ούκαρα/wärvan suikers/varav sockerarter	
FIBRE	15g
Ballaststoffe/fibres alimentaires/ravintokuitu/ Εδώδιμες ίνες/vezels/fiber	7.0g
PROTEIN	0.80g
Eiweiß/proteines/proteiini/ Πρωτεΐνες/eiwitten/protein	
SALT	
Salz/sel-suola/αλάτι/zout/salt	

100g e