

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.

A versatile legume

Originally from Asia and North Africa, the lentil plant belongs to the legume family and is one of our oldest sources of food. Lentils are an excellent source of protein and fibre, making it an important staple in many diets.

Protein Lentil Crispbread

Enjoy Amisa Protein Lentil Crispbreads with your favourite savoury or sweet topping – for breakfast, lunch or as a snack.

To create tasty recipes and find inspiring ideas take a look at www.amisa.co.uk

Storage: Store in a cool and dry place/ kühl und trocken lagern/ Conserver dans un endroit frais et sec/ Säilytä viileässä ja kuivassa paikassa/ Διατηρείται σε δροσερό και ξηρό μέρος/ Oppbevar kjølig og tørt/ Bewaar op een koele en droge plaats

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CZ-BIO-001
non-EU Agriculture
nicht-EU Landwirtschaft
Agriculture non UE
EU: nulkopuolinen maataloutta
εκτός ΕΕ
ikke-EU jordbrug
niet-EU Landbouw



D: Linsen Knäckebrot biologisch Glutenfrei

Zutaten: Linsenmehl* (rote Linsen* grüne Linsen*) (47%), gelbes Erbsenmehl* (44%), Erbsenstärke*, Kichererbsenmehl*, Meersalz.
* = aus kontrolliert biologischem Anbau. Mindestens haltbar bis: siehe Stempel.

F: Toast croquant aux lentilles biologique sans gluten

Ingédients: Farine de lentilles* (lentilles rouges* lentilles vertes*) (47%), farine de pois jaunes* (44%), amidon de pois*, farine de pois chiches*, sel marin.
* = issus de l'agriculture biologique. A consommer de préférence avant le: voir date imprimée.

FIN: Luomu Linssinäkileipä gluteeniton

Ainekset: Linssijauho* (punaiset linssit* vihreät linssit*) (47%), keltahernejauho* (44%), hernetärkkelys*, kikkernejauho*, merisuola.
* = kontrolloitu luomutuote. Parasta ennen: katso leima.

GR: Βιολογικό Φρυγανιστό Κρόκερ Φακής

Συστατικά: Αλεύρι φακής* (κόκκινες φακές* πράσινες φακές*) (47%), αλεύρι κίτρινου μπιζελιού* (44%), αμυλο μπιζελιού*, αλεύρι ρεβιθιού*, θαλασσινό αλάτι.
* = Πιστοποιημένα βιολογικά συστατικά. Ανάλωση κατά προτίμηση πριν από: βλέπε σφραγίδα.

N: Linse Knekkebrød økologisk glutenfri

Ingredienser: Linsemel* (røde linser* grønne linser*) (47%), gult ertemel* (44%), ertestivelse*, kikertmel* havsalt.
* = fra debiogodkjent økologisk landbruk. Best før: se stempel.

NL: Biologische Krokante Toast met linzen glutenvrij

Ingrediënten: Linzenmeel* (rode linzen* groene linzen*) (47%), gele erwtenmeel* (44%), erwtenzetmeel*, kikkererwtenmeel*, zeezout.
* = van gecontroleerde biologische landbouw. Ten minste houdbaar tot: zie stempel.

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ORGANIC

Protein Lentil CRISPBREAD
Deliciously light and crunchy



100g e

serving suggestion
serviervorschlag/ suggestion de présentation/
tarjoiluohdotus/Προταση σερβιρισματος/
serveringsforslag/serveertip



Protein Lentil Crispbread Organic gluten free

Ingredients: Lentil flour* (red lentils* green lentils*) (47%), yellow pea flour* (44%), pea starch*, chickpea flour*, sea salt.
* = Certified Organic Ingredients
Best before: see stamp.

Average Nutritional Values/
durchschnittliche Nährwerte/valeur
nutritionnelle moyenne pour/
keskimääräinen ravintoarvo/
Μέση Διατροφική Αξία/
Næringsverdi/gemiddelde
voedingswaarde/ per 100g

ENERGY	1527kJ/361kcal
Energie/énergie/energia/ ενέργεια/energia/energie	
FAT	1.8g
Fett/matières grasses/ rasvaa/λίπαρά/fett/vetten	
of which saturates	0.3g
davon gesättigte Fettsäuren/ dont acides gras saturés/ josta tyydyttyneitä/Eκ των ομοίων κορεσμένα/hvorav mettet fett/waarvan verzadigde vetzuren	
CARBOHYDRATE	59g
Kohlenhydrate/glucides/ hiilihydraatteja/υδατάνθρακες/ karbohydrater/koolhydraten	
of which sugars	2.3g
davon Zucker/dont sucres/ josta sokereita/Eκ των ομοίων σάκχαρα/hvorav sukkerarter/waarvan suikers	
FIBRE	6.6g
Ballaststoffe/fibres alimentaires/ravintokuitu/ Εδώδιμες ίνες/fiber/vezels	
PROTEIN	24g
Eiweiß/proteines/proteiini/ πρωτεΐνες/protein/eiwitten	
SALT	0.9g
Salz/sel/suola/αλάτι/salt/zout	

100g e