

## DATA SHEET

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<b>Product:</b>	Roasted Sacha Inchi nuts from ecological cultivation
<b>Country of origin:</b>	Peru
<b>Product benefit:</b>	<p>Current scientific studies indicate that Sacha Inchi is the best oil plant because of its composition and high nutritional quality. It has a high content of the essential fatty acids of Omega-3 (more than 48%) and Omega-6 (36%). It is highly digestible (more than 96%) and contains antioxidants: vitamin A and vitamin E (alpha-tocopherol) Over 60% of the degreased almond consists of full protein of high quality (94% digestible), rich in essential and non-essential amino acids, in amounts sufficient for the health.</p> <p>These acids do not abound in nature and are vital for health care and prevention, their function is to control and reduce cholesterol, the main cause of mortality in the world; they are, likewise, essential for nervous tissue (myelination) and ocular tissue development and participate in cell wall structure formation. Some hormones are produced from essential fatty acids and play a most important role in controlling blood pressure, kidney function, immune function, the addition of platelets, thus, they are essential for blood clotting and important in inflammatory processes and allergic response. The deficiency in essential fatty acids produces visual disturbances, arteriosclerosis, cardiovascular accidents, infarct, etc.</p>
<b>Product description:</b>	Sacha Inchi ( <i>Plukenetia Volubilis Linneo</i> ) it is a seed native from Peru with the highest concentration of omegas, essential fatty acids that the body does not generate. Our selected Sacha Inchi seeds undergo a process of shelling and lightly roasted in order to conserve the properties and finest taste of the seeds.
<b>Intended use:</b>	The Sacha Inchi nuts has a functionality that allows it to enrich a great variety of food. It can be added to smoothies, health shakes, salads as well as enjoyed as a light and healthy snack.
<b>Physical properties:</b>	
<i>Appearance:</i>	Lightly roasted seeds
<i>Colour:</i>	Golden brown
<i>Odour:</i>	Characteristic of Sacha Inchi
<i>Flavour:</i>	Characteristic of Sacha Inchi
<b>Customs classification:</b>	2008.19.90.00
<b>Packaging:</b>	It is packed in bags, of 20 kg net content, food bags containing 500 g and 250 g.
<b>Shelf life and conservation:</b>	The shelf life of the Sacha Inchi nuts is 18 months given that the product is stored at room temperature, protected from direct sunlight and below a humidity of 60%.



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### Microbiological characteristics:

<i>Mesophytes organisms:</i>	< 10 cfu/g
<i>Salmonella:</i>	Negative
<i>E. coli.</i>	Negative
<i>Fungus and yeasts:</i>	< 10 cfu/g

### Nutritional Features:

<i>Protein:</i>	> 30%
<i>Total fat:</i>	≤ 46%
<i>Omega 3:</i>	23%
<i>Omega 6:</i>	17.5%
<i>Omega 9:</i>	4.1%
<i>Carbohydrates:</i>	17%
<i>Fibre:</i>	> 7%
<i>Ash:</i>	< 2.7%
<i>Cholesterol:</i>	0%
<i>Energy (Kcal/100):</i>	≤ 605