

## Flax Seeds: the well-being coffers

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# NUTRI-lipidomics

*Molecular nutrition and healthy diet*



## A grain full of beneficial elements:

Flax seeds can be considered “well-being coffers” because contain considerable nutritional and functional properties. The distinctive elements are the high content of omega 3 fatty acids, of polyphenols in the lignans group, the presence of proteins and micronutrients. These are the reasons why flax seeds have multiple health benefits.

Values for 100 gr of edible product\*

Calories	377
Protein	24,5 g
Carbohydrate	0
Fiber	34,8 g

Total Fat	31 g
Saturated	3 g
Monounsaturated	5,3 g
Polyunsaturated	21,20 g
Omega 6: LA	4,10 g
Omega 3 ALA	13,10 g

LA (Linoleic Acid)

ALA (Alfa Linolenic Acid)

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\*Source: Food composition database for Epidemiological studies in Italy, I.E.O.

## How to use flax seeds?

This “coffers” must be opened making it comparable to our digestive processes.

...doing crepes!

## Watch the NUTRI-lipidomic video recipe



A practical way to obtain nutrient availability is to mince the seeds, as in this video crepes recipe. The seeds, once minced, must be kept closed, cool and used quickly, because they tend to oxidize their polyunsaturated fats.

Crepes can be served with raw or lightly cooked vegetables and enrich a vegetarian meal or accompany a second of a low carbohydrate diet (e.g. ketogenic).

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Video recipe created and prepared by Licia Bonucci

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*The diet tips, written in the article, are not intended to be a substitute for a personal nutrition plan and are to be adapted to specific cases.*

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