

# Forest fruit jam organic Maint

**Designation:** confiture wild berry

**Description:** Organic wild berry jam made from blueberries, blackberries and raspberries with a minimum fruit content of 35%, sweetened with German beet sugar. The fruity, sweet and sour, dark blue jam with fine pieces is ideal as a spread or for refining baked goods and desserts.

**Preparation:** Fruity organic wild berry jam with fine pieces as a spread or to refine baked goods and desserts.

**Ingridients:** beet sugar\*, blueberries\* 17%, blackberries\* 11%, raspberries\* 7%, gelling agent: pectin, acidifier: citric acid

\* from controlled organic cultivation

**Raw food:** No  
**Fairtrade:** No  
**Gluten-free:** No  
**Vegan:** Yes  
**Superfood:** No  
**Naturally gluten-free:** No  
**Plastic-free:** No  
**Organic:** Yes  
**Value Pack:** No

**ECO Control Point:** DE-ÖKO-001

[Zum Produkt](#)

## Nährwerte

**Unzubereitet pro 100 g**

Calorific value kj	992 kj
Calorific value kcal	237 kcal
Fat	0.2 g
Of which saturated fatty acids	0.1 g
Carbohydrates	57.5 g
Of which sugar	57.5 g
Fibers	2 g
Protein	0.3 g
Salt	0.03 g

## Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein
Milk	Nein

Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Nein
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein
Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein