

# Organic Large Broken Paranut Kernels / Halves

Paranut kernel pieces in various sizes. The ivory-coloured nut kernels with brown skin parts have a crunchy consistency and taste mildly aromatic. Paranuts are high in fibre.

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

|                                |          |
|--------------------------------|----------|
| Calorific value kj             | 2899 kj  |
| Calorific value kcal           | 693 kcal |
| Fat                            | 67.1 g   |
| Of which saturated fatty acids | 16.1 g   |
| Carbohydrates                  | 4.2 g    |
| Of which sugar                 | 2.3 g    |
| Fibers                         | 7.5 g    |
| Protein                        | 14.3 g   |
| Salt                           | 0.008 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                        | Ja   |
| 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                 | Ja   |
| Pecans                      | Nein |
| Pistachios                  | Nein |
| Rye                         | Nein |
| Hazelnuts                   | Nein |
| Sesame                      | Nein |
| Walnuts                     | Nein |
| Wheat                       | Nein |