

Organic pine nuts

Beige-yellowish, elongated and flat pine nuts. They have a firm consistency and are a source of fibre. Pine nuts have a particularly fine aroma, which is further enhanced when roasted. They are ideal for Mediterranean cuisine, baking, salads and as a snack.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	2993 kj
Calorific value kj	2493 kj
Calorific value kcal	715 kcal
Calorific value kcal	596 kcal
Fat	68.4 g
Fat	50.7 g
Of which saturated fatty acids	4.9 g
Of which saturated fatty acids	6.1 g
Carbohydrates	9.4 g
Carbohydrates	7.3 g
Of which sugar	3.6 g
Of which sugar	0.2 g
Fibers	3.7 g
Fibers	7.2 g
Protein	13.7 g
Protein	24 g
Salt	0.005 g
Salt	0.01 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