

# Roasted and salted pistachios in shell organic

Roasted and salted organic pistachio kernels in the shell. The light yellow to green kernel tastes slightly sweet, intensely nutty and slightly salty. Pistachios are a source of protein and fibre. Their unique flavour makes them a particularly delicious snack. Enjoy the fine kernels on the sofa or in the garden on a summer evening with your favourite drink. They are also a wonderful ingredient for cooking, baking, and creating desserts.

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

|                                |          |
|--------------------------------|----------|
| Calorific value kj             | 2452 kj  |
| Calorific value kcal           | 586 kcal |
| Fat                            | 45.8 g   |
| Of which saturated fatty acids | 5.6 g    |
| Carbohydrates                  | 17.3 g   |
| Of which sugar                 | 7.7 g    |
| Fibers                         | 10.3 g   |
| Protein                        | 21 g     |
| Salt                           | 2 g      |
| Salt                           | 1.5 g    |

## Allergene

|                                                                    |      |
|--------------------------------------------------------------------|------|
| Gluten-containing cereal                                           | Nein |
| Chicken egg                                                        | Nein |
| Peanuts                                                            | Nein |
| Milk                                                               | Nein |
| Celery                                                             | Nein |
| Sesame seeds                                                       | Nein |
| Horst Bode Import-Export GmbH<br>Lupines<br>UST-IdNr.: DE154233667 | 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                 | Nein |
| Pecans                      | Nein |
| Pistachios                  | Ja   |
| Rye                         | Nein |
| Hazelnuts                   | Nein |
| Sesame                      | Nein |
| Walnuts                     | Nein |
| Wheat                       | Nein |