

Cashew Nuts 400-450er Organic

Organic cashew nuts with a mild, nutty flavour. Their size is determined by the number of kernels per English pound (454g). These kernels contain between 400 and 450 pieces. The kernels are ivory to beige in colour and a source of protein. Ideal for snacking: pure or in various mixtures, for cooking and baking, for exotic cuisine, as an ingredient for muesli, salads, sauces and desserts. Also perfect for making your own milk and cream alternatives, as well as for unbaked cakes, tarts and energy balls. Try our other cashew products in the shop, such as [Vanilla Cashews](#) and [Cashew Butter](#). Processors will also find broken kernels in various sizes such as [large](#) and [small cashew pieces](#) for various applications.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	2432 kj
Calorific value kcal	581 kcal
Fat	43.8 g
Of which saturated fatty acids	7.8 g
Carbohydrates	26.9 g
Of which sugar	5.9 g
Fibers	3.3 g
Protein	18.2 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	Ja

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Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Ja
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