

# Cashew kernels 400-450 organic

**Designation:** cashew kernels

**Description:** Organic cashew nuts with a mild, nutty flavour. Their size is determined by the number of kernels per pound (454g). This size contains between 400 and 450 kernels, which are ivory to beige in colour and a source of protein. Suitable for snacking: on their own or in a variety of mixtures, for cooking and baking, for exotic cuisine, as an ingredient in muesli, salads, sauces and desserts. Also ideal for preparing your own milk and cream alternatives and for unbaked cakes, tarts and energy balls. Also try our other cashew products in the shop, such as vanilla cashews and cashew puree. Processors can also find broken kernels in various sizes, such as large and small cashew pieces for different applications.

**Preparation:** Mild cashew nuts for snacking, cooking, baking, for a variety of mixes, energy balls and for making plant-based milk and cream alternatives.

**Ingridients:** cashew kernels\*

\* 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  
**Colli/Multi package:** We trade this item in various packaging units. The current packaging size is 22.68kg. Please refer to the order confirmation for the final packaging unit.  
**Value Pack:** No

**ECO Control Point:** DE-ÖKO-003

[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
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

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Wheat

Nein