

# Large organic cashew pieces

The cashew pieces are mainly ivory to beige in colour and consist of kernels that have been broken into more than two pieces and are larger than 4.75 mm. They include, for example, the grades LWP (large white pieces), LP (large pieces), SP (scorched pieces), and P1. They are a source of protein. The mildly nutty kernels are perfect for snacking, cooking, and baking, for exotic cuisine, as an ingredient for salads, sauces, desserts, or muesli. Deviations in size are possible; please ask your responsible salesperson about the currently available sizes and grades. You can also find small organic cashew pieces, organic cashew halves, and organic cashew kernels of different sizes in our shop.

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

|                                |          |
|--------------------------------|----------|
| Calorific value kj             | 2435 kj  |
| Calorific value kcal           | 582 kcal |
| Fat                            | 44 g     |
| Of which saturated fatty acids | 8 g      |
| Carbohydrates                  | 27 g     |
| Of which sugar                 | 6 g      |
| Fibers                         | 3 g      |
| Protein                        | 18 g     |
| Salt                           | 0.003 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 |
| Wheat                       | Nein |