

Organic Green Pistachio Kernels

Green, blanched organic pistachio kernels are a visual and culinary delight. The kernels are intensely yellow-green to green and have the slightly sweet and intensely nutty flavor that is so typical of pistazien. Pistachios are a source of protein and rich in fiber. Due to their unique aroma, they are suitable raw or lightly roasted as an ingredient or decoration for fine cakes, tortes, cookies, and desserts. But they are also a wonderful addition to savory dishes of the Oriental cuisine. Fancy a recipe for a very special nut butter? 100 g roasted pistachios puree with a hand blender in 200g [white organic almond butter](#). Season with a pinch of salt to taste and enjoy.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

| | |
|--------------------------------|----------|
| Calorific value kj | 2410 kj |
| Calorific value kcal | 576 kcal |
| Fat | 45.3 g |
| Of which saturated fatty acids | 5.9 g |
| Carbohydrates | 16.6 g |
| Of which sugar | 7.7 g |
| Fibers | 10.6 g |
| Protein | 20.2 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 | 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 |