

Cashew nuts 320er organic

Medium-sized, ivory-coloured organic cashew nuts with a mild, nutty flavour. The size is determined by the number of kernels per English pound (454g). These beautiful kernels have between 300 and 320 pieces. Whether in salads, savoury dishes, muesli, baked goods or as an ingredient for homemade [nut mixes](#) and energy bars, cashew nuts are always a good choice. They give your dishes a special touch and a pleasant texture. Plus, cashew nuts are a great ingredient for vegan and vegetarian dishes and can be used as an alternative to milk or cream.

[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	0.03 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
Wheat	Nein