

Blanched unroasted peanut kernels organic

Our blanched, unroasted organic peanut kernels are ivory-coloured, have a smooth surface and a crunchy bite. Due to the manufacturing process, peanut kernel halves are also included. The small kernels are rich in fibre and a valuable source of protein. Since they no longer have skin, they are particularly easy to process. Their fine aroma is revealed through light roasting. Roasted, they refine baked goods, desserts and go well with many Asian dishes, not only in the vegan and vegetarian kitchen. Did you know that the peanut is not actually a nut? Botanically speaking, it belongs to the family of legumes, like peas and beans. However, due to its nutrient density and usage, it is often perceived and used as a nut.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	2483 kj
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Fat	49.2 g
Of which saturated fatty acids	6.3 g
Carbohydrates	7.6 g
Of which sugar	4.7 g
Fibers	8.5 g
Protein	25.8 g
Salt	0.05 g

Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Ja
Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein

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Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Nein
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	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein