

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 |
| Calorific value kcal | 593 kcal |
| 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 |
| Crustaceans | Nein |
| Fish | Nein |
| Soy | Nein |
| Nuts | Nein |

Example Company

| | |
|-----------------------------|------|
| 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 |