

Organic Medjool Dates

The juicy, fruity and fleshy Medjool Date is not least known for its size (available in Large or Jumbo) as the Queen of Dates. The honey-sweet, caramel-like, delicately creamy fruits are highly sought-after all year round and thus one of our top products. They are a delicious snack and a popular ingredient for baking and cooking. Due to their high carbohydrate content, they are an excellent energy source and also a source of dietary fiber.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1237 kj
Calorific value kcal	296 kcal
Fat	0.2 g
Carbohydrates	68.3 g
Of which sugar	66.5 g
Fibers	6.7 g
Protein	1.8 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	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