

Freeze-dried raspberry grits 0-6mm organic

The raspberry grits are made from 100% ripe, freshly frozen raspberries. Through a particularly gentle freeze-drying process, the natural fruit-typical properties such as colour, smell and taste are preserved. The raspberry pieces are dark red to wine-red and about 0 to 6 mm in size and have a sour-fruity taste. They are very high in fibre and are suitable for muesli and other mixtures.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1348 kj
Calorific value kj	956 kj
Calorific value kcal	322 kcal
Calorific value kcal	229 kcal
Fat	4.6 g
Fat	1.9 g
Of which saturated fatty acids	0.1 g
Carbohydrates	38.6 g
Carbohydrates	30.1 g
Of which sugar	31.4 g
Of which sugar	30.1 g
Fibers	46.2 g
Fibers	29.3 g
Protein	8.5 g
Protein	8.1 g
Salt	0.018 g
Salt	0.02 g

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
Horst Bode Import-Export GmbH Pistachios US-Id.Nr.: DE154233667	Nein

Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein