

Organic Medjool Dates 1kg

The juicy, fruity, and fleshy Medjool Date, known as the Queen of Dates due to its size (available in Large or Jumbo), is a honey-sweet, caramel-like, delicately creamy fruit. Highly sought after all year round, it's one of our top products and a delicious snack. Perfect for baking and cooking, these energy-boosting dates are rich in carbohydrates and a source of dietary fiber.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1234 kj
Calorific value kj	1237 kj
Calorific value kcal	295 kcal
Calorific value kcal	296 kcal
Fat	0.2 g
Of which saturated fatty acids	0.1 g
Carbohydrates	68 g
Carbohydrates	68.3 g
Of which sugar	68 g
Of which sugar	66.5 g
Fibers	4 g
Fibers	6.7 g
Protein	3.3 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