

# Lerida Figs No. 4 Organic

Thin-skinned and soft, sweet figs from Turkey have been one of our organic favourites for many years. These sun-spoiled mountain figs mainly grow in the Aydin-Germencik region. "Lerida" means that the flattened, round, dried figs are sorted into boxes in rows, separated layer by layer with paper. These fibre-rich fruits are popular as a snack and suitable for cooking and baking. In the summer, before the arrival of the new harvest, the figs may sugar more, but this does not affect the quality. On the contrary: The sugaring process is a completely natural occurrence. During the drying of the fruit, a residual moisture remains, which decreases over the storage period and moves to the outside. With this water, fruit sugar also reaches the outer surface of the dried fruit, where it then dries and can be seen as a white layer. This sugaring proves the naturalness and organic quality of the dried fruits.

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

Calorific value kj	1077 kj
Calorific value kcal	257 kcal
Fat	0.9 g
Of which saturated fatty acids	0.1 g
Carbohydrates	54.1 g
Of which sugar	47.9 g
Fibers	9.8 g
Protein	3.3 g
Salt	0.025 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