

# Figs Lerida organic

**Designation:** figs Lerida

**Description:** In the summer, before the new crop arrives, the figs tend to develop small white sugar crystals on their skin, but this does not affect their quality. On the contrary, this process is completely natural. As the fruit dries, residual moisture remains, which decreases during storage and escapes to the outside. With this water, the fruit sugar also reaches the outer surface of the dried fruit, where it dries and can be seen as a white layer. This crystallisation is evidence of the natural and organic quality of the dried fruit.

**Preparation:** Thin-skinned, soft, sweet, sun-dried figs from Turkey. Energizing classic for snacking, muesli, desserts and baking.

**Ingridients:** figs\*

\* from controlled organic cultivation

**Raw food:** No  
**Fairtrade:** No  
**Gluten-free:** No  
**Vegan:** Yes  
**Superfood:** No  
**Naturally gluten-free:** No  
**Plastic-free:** No  
**Organic:** Yes  
**Colli/Multi package:** We trade this item in various packaging units. The current packaging size is 12kg. Please refer to the order confirmation for the final packaging unit.  
**Value Pack:** No

**ECO Control Point:** DE-ÖKO-003

[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