

# Chopped whole figs No.8/9 organic

Thin-skinned and soft, sweet figs from Turkey have been among our organic classics for many years. The sun-spoiled mountain figs grow mainly in the Aydin-Germencik region. The dried figs are chopped, i.e. the stem is removed. The fiber-rich fruits are popular as a snack and are also suitable for cooking and baking. In the summer, before the arrival of the new harvest, the figs sugar more, but this does not affect the quality. On the contrary: The sugaring is a completely natural process. During the drying of the fruits, a residual moisture remains, which decreases over the storage period and moves to the outside. With this water, fruit sugar also gets on the outer surface of the dried fruit, which then dries there 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	1110 kj
Calorific value kcal	265 kcal
Fat	1.3 g
Of which saturated fatty acids	0.2 g
Carbohydrates	55.1 g
Of which sugar	55.1 g
Fibers	9.6 g
Protein	3.5 g
Salt	0.07 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