

# Premium Organic Spanish Gold Figs

Whole dried Spanish Gold Figs, ranging from light to golden brown, offer a delightful aroma and a honey-like sweetness. These fibre-rich fruits are popular as a snack due to their bite-sized goodness and are also perfect for cooking and baking. During the summer, before the arrival of the new harvest, these figs may sugar more, but rest assured, this does not affect their quality. In fact, this natural process is a testament to their organic nature. As the fruits dry, the remaining moisture decreases over time and moves to the surface, carrying with it the fruit's natural sugar. This sugar then dries on the surface of the fruit, creating a white layer that attests to the figs' natural and organic quality.

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

|                                |          |
|--------------------------------|----------|
| Calorific value kj             | 1188 kj  |
| Calorific value kcal           | 284 kcal |
| Fat                            | 0.5 g    |
| Of which saturated fatty acids | 0.5 g    |
| Carbohydrates                  | 59.3 g   |
| Of which sugar                 | 59.3 g   |
| Fibers                         | 12.5 g   |
| Protein                        | 4.3 g    |
| Salt                           | 0.01 g   |

## Allergene

|                               |      |
|-------------------------------|------|
| Gluten-containing cereal      | Nein |
| Chicken egg                   | Nein |
| Peanuts                       | Nein |
| Milk                          | Nein |
| Celery                        | Nein |
| Sesame seeds                  | Nein |
| Lupines                       | Nein |
| Horst Bode Import-Export GmbH |      |
| USt-IdNr.: DE154233667        |      |

|                             |      |
|-----------------------------|------|
| 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 |