

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
Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Nein

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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