

Organic roasted salted cashew nuts

Finely roasted and salted organic cashew nuts are a delicious, nutty-salty and crunchy snack. Their nutritional profile shows that they are more than just a snack: they are a source of protein and have a high fiber content. This makes the fine kernels perfect for snacking or as an ingredient in savory mixtures, for cooking, as well as an ingredient for salads and sauces.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	2275 kj
Calorific value kj	2740 kj
Calorific value kj	2740 kj
Calorific value kj	2740 kj
Calorific value kj	2740 kj
Calorific value kcal	544 kcal
Calorific value kcal	655 kcal
Calorific value kcal	655 kcal
Calorific value kcal	655 kcal
Calorific value kcal	655 kcal
Fat	36.7 g
Fat	48.6 g
Fat	48.6 g
Fat	48.6 g
Fat	48.6 g
Of which saturated fatty acids	10 g
Of which saturated fatty acids	9.7 g
Of which saturated fatty acids	9.7 g
Of which saturated fatty acids	9.7 g
Of which saturated fatty acids	9.7 g
Carbohydrates	33.3 g
Carbohydrates	29.8 g

Carbohydrates	29.8 g
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Carbohydrates	29.8 g
Of which sugar	6.7 g
Of which sugar	5.9 g
Of which sugar	5.9 g
Of which sugar	5.9 g
Of which sugar	5.9 g
Fibers	6.7 g
Fibers	7.5 g
Fibers	7.5 g
Fibers	7.5 g
Fibers	7.5 g
Protein	16.7 g
Protein	20.8 g
Protein	20.8 g
Protein	20.8 g
Protein	20.8 g
Salt	0.415 g
Salt	0.14 g
Salt	0.14 g
Salt	0.14 g
Salt	0.14 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	Ja
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Ja
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 Example Company	Nein

Sesame	Nein
Walnuts	Nein
Wheat	Nein