

Rubbed Oregano 2-10mm, organic

Shredded Organic Oregano, also known as Wild Marjoram, is brownish-green in colour. It has a warm, woody aroma with a peppery note, often associated with savoury dishes. With its strong flavour, oregano is a popular spice in many national cuisines. Oregano is probably best known in Italian cuisine. It is an important spice in many pizza and pasta sauces, and it is hard to imagine a traditional Italian dish such as spaghetti bolognese or lasagne without oregano. Oregano is also used in many Mediterranean dishes. Flavour and appearance vary slightly depending on the origin. Greece: a strong, intense, tangy-spicy flavour with a distinctly bitter, peppery note and slight spiciness; dark green in colour. Egypt: an intense but mildly savoury flavour with only a little bitterness and lemony notes, and hardly any spiciness. The colour is rather light green with more yellow parts.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1526 kj
Calorific value kcal	365 kcal
Fat	10.3 g
Of which saturated fatty acids	1.9 g
Carbohydrates	49.5 g
Of which sugar	9.4 g
Fibers	15 g
Protein	11 g
Salt	0.04 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