

# Organic peeled tiger nuts

Tiger nuts, also known as earth almonds or chufa, are the tuberous fruits of the tiger nut grass and therefore do not belong to the nuts. They have a sweet and delicate taste and are rich in fibre. For centuries, the people of Africa have been using this tuberous fruit. It is suitable as a nut substitute for baking and cooking. The Spanish make the refreshing tiger nut milk "Horchata" from it.

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

Calorific value kj	2206 kj
Calorific value kcal	527 kcal
Fat	26.8 g
Of which saturated fatty acids	5.1 g
Carbohydrates	61.7 g
Of which sugar	20.4 g
Fibers	11.2 g
Protein	4.2 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

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UST-IdNr.: DE154233667

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