

# Organic date paste

Discover the delicious date paste made from fully ripened, washed, and [ground Deglet Nour dates](#) straight from Tunisia. This unique product consists of only one ingredient and retains the typical, fine taste of [dates](#). The sweet paste is a versatile companion in your kitchen: ideal for baking and confectionery products, making fruit bars, energy balls, spreads, and much more. Thanks to its natural sugar content, date paste is a wonderful alternative to conventional sweeteners. It is also rich in fiber. Make use of the endless possibilities that Tunisian date paste offers and refine your products and creations with a touch of the Orient!

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

Calorific value kj	1212 kj
Calorific value kcal	290 kcal
Fat	0.1 g
Carbohydrates	69 g
Of which sugar	63.4 g
Fibers	2 g
Protein	2.2 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

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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