

Barberry raw organic

Designation: barberry

Description: The small red berries are common in the Middle East, where they are used in both savoury and sweet dishes. Here in Germany, however, barberry is mainly known as an ornamental plant. However, this is changing as more and more people are recognising the culinary benefits of this fibre-rich superfood berry.

Preparation: The red fruity-sour fruits taste good in muesli, fruit salad, pure or typical Iranian with rice, poultry, meat and fish dishes.

Ingridients: barberries*

* from controlled organic cultivation

Raw food: Yes
Fairtrade: No
Gluten-free: No
Vegan: Yes
Superfood: No
Naturally gluten-free: No
Plastic-free: No
Organic: Yes
Colli/Multi package: We trade this item in various packaging units. The current packaging size is 5kg. Please refer to the order confirmation for the final packaging unit.
Value Pack: No

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1126 kj
Calorific value kcal	269 kcal
Fat	0.7 g
Of which saturated fatty acids	0.4 g
Carbohydrates	53.9 g
Of which sugar	48.9 g
Fibers	14.6 g
Protein	4.5 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
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