

Organic Barberries Raw

Our dried red barberries from Iran are a true insider tip and enchant connoisseurs with their sour-fruity taste. In organic quality, they are a select rarity. The small red berries are omnipresent in the Middle East, where they are used in both savory and sweet dishes. Here, however, the barberry is mainly known as an ornamental plant. But that is changing, because more and more people are recognizing the culinary advantages of this fiber-rich superfood berry. The uses of barberries are almost endless: They taste excellent in [muesli](#) and [nut-fruit mixtures](#) , give baked goods and confectionery a pleasant acidity and can also be used excellently in hearty dishes. Try them in a Persian rice dish or in your next salad and experience the unique taste of this oriental berry. Discover the versatility and the extraordinary taste of our organic barberries and enrich your kitchen with this exotic superfood berry!

[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