

# Organic physalis 5 kg

Whole dried physalis. These small, vibrant dark orange to orange-brown exotic fruits, also known as Andean or Cape gooseberries, are typically soft and fleshy. About 1.6 to 2 centimeters in size, they boast an intense, fruity-tart, and aromatic flavour. Physalis are a fibre-rich snack, delicious on their own or in [mixes](#), and are an excellent ingredient for smoothies, cooking, and baking.

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

Calorific value kj	1340 kj
Calorific value kcal	320 kcal
Fat	5.6 g
Of which saturated fatty acids	0.7 g
Carbohydrates	49.2 g
Of which sugar	39.8 g
Fibers	21.7 g
Protein	7.4 g
Salt	0.077 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  
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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