

Dates Medjool organic 6x250g

Designation: dates Medjool

Description: The juicy, fruity and fleshy Medjool date is called the queen of dates, not least because of its size (here: medium, large or jumbo). The honey-sweet, caramel, delicately fruity and creamy fruits are in great demand all year round and are therefore one of our top products. They are a delicious snack and a popular ingredient for baking and cooking. Due to the high content of carbohydrates, they prove to be an excellent source of energy and are also a source of fiber.

Ingridients: dates with stone*

* from controlled organic cultivation

Raw food: No
Fairtrade: No
Gluten-free: No
Vegan: Yes
Superfood: No
Naturally gluten-free: No
Plastic-free: No
Organic: Yes
Value Pack: No

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1237 kj
Calorific value kcal	296 kcal
Fat	0.2 g
Carbohydrates	68.3 g
Of which sugar	66.5 g
Fibers	6.7 g
Protein	1.8 g
Salt	0.003 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