

Trail mix with cranberries organic

Designation: nut-fruit mixture with cranberries and pecan kernels

Description: A classic with that certain something. Sweet and fruity sultanas are complemented by sweet and sour cranberries, combined with crunchy cashews, Brazil nuts, almonds and fine pecan kernels make for an irresistible nibbling experience. So you always have a healthy snack and a little energy boost at hand.

Preparation: Trail mix can be eaten on its own as a snack, making it the ideal choice for long days at university, in the office or when travelling. It is also ideal as a topping for muesli, yoghurt or (fruit) salad and as an ingredient for biscuits, energy balls and muesli bars.

Ingredients: grapes* 35% (grapes* 99, 5%, sunflower oil*), **brazil nut kernels* 19%** almonds brown* 17%, cranberries* 16% (cranberries* 60%, apple juice concentrate* 39%, sunflower oil*), **cashew kernels* 10%**, **pecan nut kernels* 3%**

* from controlled organic cultivation

Raw food: No

Fairtrade: No

Gluten-free: No

Vegan: Yes

Superfood: No

Naturally gluten-free: No

Plastic-free: Yes

Organic: Yes

Recipe change: Yes

Value Pack: No

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1998 kj
Calorific value kj	2007 kj
Calorific value kcal	478 kcal
Calorific value kcal	480 kcal
Fat	27.4 g
Fat	28.2 g
Of which saturated fatty acids	5.1 g
Of which saturated fatty acids	4.7 g
Carbohydrates	45.8 g
Carbohydrates	43.6 g
Of which sugar	32 g
Of which sugar	31.7 g
Fibers	5.1 g
Fibers	6.1 g
Protein	9.4 g
Protein	9.8 g
Salt	0.026 g
Salt	0.022 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	Ja
Nuts	Nein
Nuts	Ja
Nuts	Nein
Nuts	Ja
Nuts	Nein
Nuts	Ja
Nuts	Nein
Nuts	Ja
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Ja
Cashews	Nein
Cashews	Ja
Cashews	Nein
Cashews	Ja
Cashews	Nein
Cashews	Ja
Cashews	Nein
Cashews	Ja
Spelt	Nein
Barley	Nein

Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Ja
Almonds	Nein
Almonds	Ja
Almonds	Nein
Almonds	Ja
Almonds	Nein
Almonds	Ja
Almonds	Nein
Almonds	Ja
Brazil Nuts	Ja
Brazil Nuts	Nein
Brazil Nuts	Ja
Brazil Nuts	Nein
Brazil Nuts	Ja
Brazil Nuts	Nein
Brazil Nuts	Ja
Brazil Nuts	Nein
Brazil Nuts	Ja
Pecans	Ja
Pecans	Nein
Pecans	Ja
Pecans	Nein
Pecans	Ja

Pecans	Nein
Pecans	Ja
Pecans	Nein
Pecans	Ja
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein