

# Organic Rubbed Oregano 1kg

Aromatic oregano leaf pieces of a brownish-green colour. Oregano has a peppery-spicy taste and a slightly bitter aroma. It is perfect for Mediterranean cuisine such as pasta, pizza, tomato sauces, antipasti, but also for gyros and Greek salads, either pure or in spice mixes. It is a component of fine spice mixes such as our [Pizza Herbs](#) and [Herbs de Provence](#). What does "rubbed" mean? During rubbing, the leaves are stripped from the stem and then gently crushed. This preserves the aroma of the spices as much as possible.

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

Calorific value kj	1526 kj
Calorific value kcal	365 kcal
Fat	10.3 g
Of which saturated fatty acids	1.9 g
Carbohydrates	49.5 g
Of which sugar	9.4 g
Fibers	15 g
Protein	11 g
Salt	0.04 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