

# Cashew kernels organic

**Designation:** cashew kernels

**Description:** The mildly nutty kernels are ivory to beige in color and a source of protein. Well suited for nibbling, cooking and baking, exotic cuisine, as an ingredient for salads, sauces, desserts or trail mix and for muesli.

**Ingridients:** cashew kernels\*

\* 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  
**Value Pack:** No

**ECO Control Point:** DE-ÖKO-003

[Zum Produkt](#)

## Nährwerte

**Unzubereitet pro 100 g**

|                                |          |
|--------------------------------|----------|
| Calorific value kj             | 2432 kj  |
| Calorific value kcal           | 581 kcal |
| Fat                            | 43.8 g   |
| Of which saturated fatty acids | 7.8 g    |
| Carbohydrates                  | 26.9 g   |
| Of which sugar                 | 5.9 g    |
| Fibers                         | 3.3 g    |
| Protein                        | 18.2 g   |
| Salt                           | 0.03 g   |

## Allergene

|                          |      |
|--------------------------|------|
| Gluten-containing cereal | Nein |
| Chicken egg              | Nein |
| Peanuts                  | Nein |
| Milk                     | Nein |
| Celery                   | Nein |

Example Company

|                             |      |
|-----------------------------|------|
| 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   |
| Mustard                     | Nein |
| Sulfur dioxide and sulphite | Nein |
| Molluscs                    | 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     | Nein |
| Brazil Nuts | Nein |
| Pecans      | Nein |
| Pistachios  | Nein |
| Rye         | Nein |
| Hazelnuts   | Nein |
| Sesame      | Nein |
| Walnuts     | Nein |
| Wheat       | Nein |