Light walnut kernels organic 6x250g

European walnut kernels are a flavourful global sensation! They have a mild, nutty taste that is delicately bitter and slightly sweet. These are predominantly light, halved kernels. The walnut halves are light brown, firm to the bite, and crunchy. They are rich in fibre. These kernels are perfect for baking and cooking, as an addition to salads and muesli, or as a garnish for pastries and desserts. They also make a satisfying, crunchy snack. Bio: Organic

Zum Produkt

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	2883 kj
Calorific value kcal	689 kcal
Fat	65.2 g
Of which saturated fatty acids	6.1 g
Carbohydrates	7 g
Of which sugar	2.6 g
Fibers	6.7 g
Protein	15.2 g
Salt	0.005 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
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	Ja
Wheat	Nein