

Blanched unroasted organic peanut kernels 5kg

Our blanched, unroasted organic peanut kernels are ivory-coloured, have a smooth surface and a crisp bite. Due to the manufacturing process, peanut kernel halves are also included. The small kernels are rich in fibre and a valuable source of protein. As they no longer have their skin, they are particularly easy to process. Their delicate aroma is revealed when lightly roasted. Roasted, they refine baked goods, desserts and go well with many Asian dishes, not just in vegan and vegetarian cuisine. Did you know that the peanut is not actually a nut? Botanically speaking, it belongs to the legume family, like peas and beans. However, due to its nutrient density and usage, it is often perceived and used as a nut.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

| | |
|--------------------------------|----------|
| Calorific value kj | 2483 kj |
| Calorific value kcal | 593 kcal |
| Fat | 49.2 g |
| Of which saturated fatty acids | 6.3 g |
| Carbohydrates | 7.6 g |
| Of which sugar | 4.7 g |
| Fibers | 8.5 g |
| Protein | 25.8 g |
| Salt | 0.05 g |

Allergene

| | |
|---|------|
| Gluten-containing cereal | Nein |
| Chicken egg | Nein |
| Peanuts | Ja |
| Peanuts | Nein |
| Peanuts | Ja |
| Peanuts | Nein |
| Peanuts | Ja |
| Horst Bode Import-Export GmbH UST-IdNr.: DE154233667 | Ja |

| | |
|---|------|
| Peanuts | Nein |
| Peanuts | Ja |
| 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 |
| Horst Bode Import-Export GmbH Rye USE ID Nr.: DE154233667 | Nein |

| | |
|-----------|------|
| Hazelnuts | Nein |
| Sesame | Nein |
| Walnuts | Nein |
| Wheat | Nein |