

# Organic peeled tiger nuts "for snacking" 6x150g

Discover the sweet and delicate flavour of our tiger nuts, also known as tigernuts or chufa. This tuberous fruit of the tiger nut grass is not a nut, but offers plenty of fibre and a tasty alternative to conventional nuts. This valuable tuberous fruit has been valued and utilised on the African continent for centuries. Its versatile uses make it an attractive ingredient in your kitchen. Whether as a substitute for nuts in baking or cooking, or for making the traditional Spanish tigernut milk horchata, our tigernuts are an enrichment for your culinary creations.

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

Calorific value kj	2206 kj
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Fat	26.8 g
Of which saturated fatty acids	5.1 g
Carbohydrates	61.7 g
Of which sugar	20.4 g
Fibers	11.2 g
Protein	4.2 g
Salt	0.07 g

## Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein
Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
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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