

# Organic Whole Fennel 1kg

Whole dried fennel seeds. The firm, dried seeds are light yellow-green to brown and have a sweetly aromatic taste. Fennel is perfect as a spice for stews, fish dishes and baking. It is an ingredient in our [Organic Herbs de Provence](#) and finely ground in our [Organic Bread Spice](#). Whole or freshly crushed in a mortar, fennel is excellent for a homemade tea.

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

Calorific value kj	1568 kj
Calorific value kcal	375 kcal
Fat	14.9 g
Of which saturated fatty acids	0.5 g
Carbohydrates	36.5 g
Of which sugar	36.2 g
Fibers	15.7 g
Protein	15.8 g
Salt	0.12 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

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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