

## Organic peeled tiger nuts "for snacking" 5kg

Tiger nuts, also known as earth almonds or chufa, are the tuberous fruits of the earth almond grass and therefore do not belong to the nuts. They taste sweet and delicate and are rich in fibre. For centuries, the people of Africa have been using this tuberous fruit. It is suitable as a nut substitute for baking and cooking. The Spanish make the refreshing tiger nut milk "Horchata" from it.

[Zum Produkt](#)

### Nährwerte

Unzubereitet pro 100 g

|                      |          |
|----------------------|----------|
| Calorific value kj   | 2206 kj  |
| Calorific value kj   | 2112 kj  |
| Calorific value kj   | 2206 kj  |
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| Calorific value kj   | 2112 kj  |
| Calorific value kj   | 2206 kj  |
| Calorific value kcal | 527 kcal |
| Calorific value kcal | 505 kcal |
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| Calorific value kcal | 505 kcal |
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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

**Horst Bode Import-Export GmbH**  
 USt-IdNr.: DE154233667

|                                                                                             |      |
|---------------------------------------------------------------------------------------------|------|
| 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 |
| 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 |
| <b>Horst Bode Import-Export GmbH</b><br>Pistachios<br><small>US-Id.Nr.: DE154233667</small> | Nein |

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