

Organic Paranut kernels 500g

The nut kernels are ivory-coloured with brown skin parts. They have a crunchy consistency and a mild yet aromatic taste, with approximately 110 to 180 kernels in 500g. Paranut kernels are high in fibre. They grow wild in the rainforests of the Amazon region and are laboriously gathered rather than harvested. They originate from Bolivia, Brazil or Peru.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	2899 kj
Calorific value kcal	693 kcal
Fat	67.1 g
Of which saturated fatty acids	16.1 g
Carbohydrates	4.2 g
Of which sugar	2.3 g
Fibers	7.5 g
Protein	14.3 g
Salt	0.075 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

Example Company

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	Ja
Brazil Nuts	Nein
Brazil Nuts	Ja
Brazil Nuts	Nein
Brazil Nuts	Ja
Brazil Nuts	Nein
Brazil Nuts	Ja
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein

Sesame	Nein
Walnuts	Nein
Wheat	Nein