

Nut & fruit mix superfood organic 1kg

Designation: nut & fruit mix

Description: It is a wonderful way to enjoy a variety of dried fruits and nuts in a single snack. The versatility of this mix makes it the ideal snack for in-between meals, whether during sport, in the office, at school or university or simply relaxing on the sofa. But our nut-fruit mix doesn't just cut a fine figure as a snack. It also gives your breakfast muesli or yoghurt that certain something, makes your pastries a special treat and gives your salad a crunchy kick.

Preparation: Colourful enjoyment, alone or with friends, wherever a little energy is welcome: at home, at work, outdoors in nature.

Ingridients: grapes* 25% (grapes* 99, 5%, sunflower oil*), **cashew kernels* 23%**, cranberries* 11% (cranberries* 60%, sunflower oil*, cane sugar*), banana coins* 10%, goji berries* 10%, sour cherries* 8% (sour cherries* 99, 5%, sunflower oil*), **almonds blanched* 4%**, **almonds brown* 4%**, physalis* 3%

* from controlled organic cultivation

Raw food: No

Fairtrade: No

Gluten-free: No

Vegan: Yes

Superfood: Yes

Naturally gluten-free: No

Plastic-free: No

Organic: Yes

Recipe change: Yes

Value Pack: Yes

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1741 kj
Calorific value kj	1752 kj
Calorific value kcal	416 kcal
Calorific value kcal	419 kcal
Fat	17 g
Fat	15.4 g
Of which saturated fatty acids	3 g
Of which saturated fatty acids	2.3 g
Carbohydrates	54 g
Carbohydrates	57.6 g
Of which sugar	42.3 g
Of which sugar	43.3 g
Fibers	6.6 g
Fibers	6.3 g
Protein	8.5 g
Protein	9.3 g
Salt	0.097 g
Salt	0.102 g

Allergene

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

Example Company

Lupines	Nein
Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Ja
Nuts	Nein
Nuts	Ja
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Ja
Cashews	Nein
Cashews	Ja
Spelt	Nein
Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Ja
Almonds	Nein
Almonds	Ja
Brazil Nuts	Ja
Brazil Nuts	Nein
Brazil Nuts	Ja
Brazil Nuts	Nein
Pecans	Nein

Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein